Tried and True Tried and New Recipes

from RED STAR

Dear Friend,

Here is a collection of recipes we know you will enjoy using!

Choose the quick and easy BATTERS when Experience or Time is limited. No kneading . . . beating exercises the batter.

NO-KNEADS are fun to make . . . these are thicker than batters, but again . . . no kneading. The dough is exercised by shaping, or is chilled in the refrigerator until it can be handled.

There are two methods for KNEADED DOUGHS. With the Instant Blend method, the yeast is mixed with part of the flour and other ingredients, and warmer-than-usual liquids (120°-130°) are added. With the Conventional recipes the yeast is first dissolved in warm water (110°-115°) before other ingredients are added.

No matter what method you use, our RED STAR Instant Blend Dry Yeast provides a head start toward success for your baking!

Cordially,

Bernadine Landeberg

Home Service Department
UNIVERSAL FOODS CORPORATION
Milwaukee, Wisconsin 53201

TABLE OF CONTENTS

GOOD THINGS TO KNOW about Yeast Baking 4, 5, 35

GOOD THINGS TO KNOW about Yeast Batters 6

GOOD THINGS TO KNOW about No-Kneads 17

GOOD THINGS TO KNOW about Kneaded Doughs 23

YEAST BATTERS 6-17
Breads, Rolls, Coffee Cakes

NO-KNEAD RECIPES 17-23
Rolls, Refrigerated Doughs, Coffee Cakes, Breads

KNEADED RECIPES 23-35
Instant Blend, Shortcut Instant Blend, Conventional

HOW TO USE the INSTANT BLEND METHOD with your FAVORITE RECIPES 26

INDEX

BATTERS and BATTERWAY RECIPES

Baba Au Rhum	15	Batterway Prune & Spice Bread	10
Batterway Cheese & Herb Bread	10	Batterway Raisin Bread	9
Batterway Cheese Puffs	11	Batterway Rolls	7
Batterway Cinnamon Crunch Coffee Cake	14	Batterway Rye Bread	8
Batterway Coffee Cake	6	Batterway Spice Puffs	13
Batterway Corn Muffins	12	Batterway White Bread	7
Batterway Crispies	16	Batterway Whole Wheat Bread	9
Batterway Dill Rolls	11	Golden Delicious Squares	15
Batterway Drop Doughnuts	13	Southern Sally Lunn	14
Batterway Hot Cross Buns	12	Yeast Pancakes	16
Batterway Oatmeal Bread	8	Yeast Waffles	16

NO-KNEAD and KNEADED RECIPES

Almond Streusel Coffee Cake	34	Mini-Loaves	24
Apricot & Cream Cheese Coffee Cake	30	Modern Sponge Recipes	35
Armenian Cheese Bread (Beurek)	28	Mrs. Gendville's Cream Cheese Coffee Cake	18
Babka	27	Nut-Filled Butterhorns	19
Buttermilk French Bread	28	Old Milwaukee Rye Bread	33
Caraway Rye Bread	33	Pineapple-Coconut Coffee Cake	30
Cheese Bread	23	Pizza	22
Cinnamon-Cream Twists	29	Quick Crescents	20
Coconut Crown Coffee Cake	26	Refrigerator Rolls	17
Cottage Cheese Sweet Rolls	19	Salad Sticks	21
Cranberry Date Coffee Cake	31	Speedy Orange Rolls	18
Crunchy Top Coffee Cake	25	Seven-Up Refrigerator Dough	30
French or Italian Loaves	25	Stollen	34
French Rolls	31	Sweet Crescents	31
Homemade White Bread	32	Sweet Swirls	31
Honey Wheat Bread	27	Twin Loaves	32
Kringle	21	Yeast-Raised Doughnuts	29
Lorene's Cottage Cheese Rolls	20		

GOOD THINGS TO KNOW about YEAST BAKING

All recipes in this book have been developed with the RED STAR Instant Blend Dry Yeast. Our RED STAR Compressed Yeast may be used with all batters, no-knead and conventional recipes.

Each ingredient in a bread recipe helps to produce a fine product:

1. All-purpose enriched wheat *flour* has been used in all the recipes in this book. Wheat flour contains more gluten than other flours and so produces batters and doughs with pleasing volume. Rye and whole wheat flours, cornmeal, and oatmeal in combination with 1/3 to 1/2 wheat flour, make delicious variety breads.
2. Two kinds of *yeasts* are available: the active dry yeast and compressed yeast. Of the two, the RED STAR Instant Blend active dry yeast is the most convenient, because it has a long shelf life and is a dated product. Compressed yeast is perishable and must be refrigerated.
3. Different *liquids* can be used in yeast doughs, but for best results we suggest that at least 1/4 cup water per package of yeast be included in the recipe. Other liquids may be milk, buttermilk, cream, evaporated milk, apple juice, potato water, etc.
4. *Salt* adds flavor and helps control the fermentation of yeast doughs. It is advisable to add it with other ingredients rather than in the liquid used to dissolve the yeast. Too much salt retards the action of the yeast.
5. *The sweetening* in a yeast dough may be white or brown sugar, honey, corn syrup, or molasses. Each of these ingredients provides food for the yeast and adds its own particular qualities of flavor and color.
6. *Eggs* add color, flavor, texture, and eating quality to yeast goods. They increase the keeping quality and improve nutrition. The recipes in this booklet were developed with large eggs. Two yolks are approximately equal to one egg and can be used instead of one egg for added color.
7. *Shortening* used in yeast doughs may be vegetable fats and oils, margarine, or animal fats such as lard and butter. In appropriate amounts these can add to the keeping quality of doughs and help produce a velvety crumb and pleasant eating quality. To add variety, ingredients such as cottage cheese and shredded hard cheese are sometimes added to yeast doughs along with some herbs. These increase the fat content and modify flavor.
8. Sweet doughs are enhanced in flavor and eating quality by the addition of candied fruits, raisins, nuts, rinds, peels and spices. Traditional holiday recipes contain some of these which improve the storage life of the product, as well as its eating quality.

GOOD THINGS TO KNOW about YEAST BAKING

Thorough MIXING is an important part of breadmaking in order to get the yeast evenly distributed. Since batters are thinner than doughs, these can be blended either by beating with a wooden spoon, or, in the beginning, with the electric mixer. When the last part of the flour is added to the dough, whether with spoon or hand, it should be added a little at a time until the dough forms a ball and cleans the sides of the bowl.

Our recipes specify a WARM RISING PLACE for the doughs. We recommend the following:

1. Place bowl of dough on a rack over a bowl about 3/4 full of hot water.
2. Cover with waxed paper, then a large kitchen towel.
3. After the loaves have been shaped and put in the baking pans, place again on racks with fresh hot water beneath.
4. Make a tent-like arrangement of aluminum foil to cover the pans, allowing room for the dough to rise without touching the foil. Squeeze sides or corners of the foil onto the rack so the air does not dry the top of the dough as it rises.

* * *

To measure flour, pile lightly into a cup, then level off with a straight-edge knife. All recipes in this book have been developed with unsifted flour, to save time.

* * *

Before starting to bake, read the COMPLETE recipe to be sure you have all the necessary ingredients.

* * *

The RED STAR Instant Blend yeast can be used with all recipe methods. When dissolved in water, use the same temperature as recommended in such recipes . . . 110°-115° water. It is ONLY in the MIXER METHOD of blending that we specify 120°-130° for the liquid mixture.

* * *

We specify "eggs, room temperature" in our recipes. This is to make use of the advantage of high liquid temperatures in the Mixer Method, and not to cool doughs in the conventional methods.

* * *

Baked yeast breads may be frozen as long as a year with no loss of moisture or flavor, if they have been packaged well.

* * *

Pan sizes are important. Use the suggestions in the recipes, being sure the dough fills the pan no more than 1/3 to 1/2 full.

* * *

To measure flour, pile lightly into a cup, then level off with a straight-edge knife. All recipes in this book have been developed with unsifted flour, to save time.

GOOD THINGS TO KNOW about YEAST BATTERS:

BATTER recipes are the *easiest* kind of yeast recipes to make, so they are fine for beginners. Because batters are thinner than doughs, they rise faster, and are *time savers* for busy people. The recipes include breads, rolls, and coffee cakes. They are light, with thin crusts, and excellent flavor. Little handling is required. Beating takes the place of kneading.

Batters rise much faster than doughs. Follow directions carefully for pan size and do not allow them to over-rise or the bread, cake, etc., will fall. If the batter has risen too high in the baking pan, punch down and let rise again.

To simplify the preparation of these recipes, most of the ingredients can be measured and combined before Bake Day. The 3-lb. coffee or shortening cans, or plastic bowls with lids are ideal for this. Then, on Bake Day it takes only a few minutes to complete the recipe. Coffee cake toppings can be mixed beforehand and held at room temperature until needed.

BATTERWAY COFFEE CAKE

(Makes 1 large *or* 2 smaller cakes)

30 to 40 minutes — 375° oven

3-1/2	**cups all-purpose flour**	**1-1/4**	**cups warm water (110°-115°)**
1/3	**cup sugar**	**2**	**pkgs. RED STAR Instant Blend Dry Yeast**
1/2	**tsp. salt**		
1/4	**cup soft shortening**	**1**	**egg + 1 egg white, room temperature (save yolk)**
shredded rind of 1 orange *or* lemon			

Measure the first 5 ingredients into a bowl; blend. Set aside. Pour the water into a mixing bowl; add the yeast. Let stand 3 to 5 minutes; stir. Add the egg, egg white, and 1/2 the flour-mixture. Beat *2 minutes* with electric mixer on medium speed, or by hand until smooth. STOP MIXER. Add the rest of the ingredients and beat again with a spoon until smooth . . . *1 to 1-1/2 minutes.* Scrape down batter from sides of bowl. Cover. Let rise in warm place until doubled . . . *20 to 30 minutes.* Meanwhile prepare Topping, and grease one 9x13 *or* two 9-inch round layer pans, *or* two 8 or 9-inch square pans.

Beat down raised batter in *about 25 strokes.* This is a thick, somewhat sticky batter; spread evenly in the pans. Add 1 tsp. water to egg yolk; blend. Brush on coffee cakes. Add Topping. With tip of spoon or fingertips, make little dents on the Topping, and press down almost to bottom of the pan. Tap pans on table to settle the batter. Let rise until doubled . . . *about 30 min.* Bake *30 to 40 min.* or until well browned, in *preheated* 375° (quick mod.) oven. Remove from pans and cool on racks.

CHOCOLATE-NUT TOPPING: *1/2 cup* semi-sweet chocolate bits, *1/2 cup* finely chopped nuts, *1/4 cup* sugar.

ORANGE-SUGAR TOPPING: *1/2 cup* sugar, *grated rind of 1 orange* mixed together.

STREUSEL: *1/3 cup* sugar, *2 tbsp.* flour, *2 tbsp.* butter, *1 tsp.* cinnamon, *1/3 cup* chopped nuts.

BATTERWAY WHITE BREAD

(Makes 2 loaves)

40 to 50 minutes — 375° oven

6-1/2	**cups all-purpose flour**	**3**	**cups warm water (110°-115°)**
3	**tbsp. sugar**	**2**	**pkgs. RED STAR Instant Blend Dry Yeast**
1	**tbsp. salt**		
2	**tbsp. soft shortening**		

Measure the first 4 ingredients into a bowl; blend. Set aside. Pour the water into a mixing bowl; add the yeast. Let stand 3 to 5 minutes; stir. Add 1/2 the flour-mixture. Beat *2 minutes* with electric mixer on medium speed, or by hand until smooth. STOP MIXER. Add the rest of the ingredients and beat again with a spoon until smooth . . . *1 to 1 1/2 minutes.* Scrape down batter from sides of bowl. Cover. Let rise in warm place until doubled . . . *about 30 minutes.* Meanwhile grease two 5x9 *or* 4-1/2x8 1/2-inch loaf pans.

Beat down raised batter in *about 25 strokes.* This is a thick, somewhat sticky batter; spread evenly in the pans. Tap pans on table to settle the batter. Let rise only until edges of batter come to within 1-inch of tops of large pans or reach tops of smaller pans . . . *about 30 min.* Bake *40 to 50 min.* or until well browned on sides and tops, in *preheated* 375° (quick mod.) oven. Remove from pans and cool on rack. Brush with butter.

BATTERWAY ROLLS

(Makes 1-1/2 doz. 3-inch rolls)

10 to 15 minutes — 400° oven

3-3/4	**cups all-purpose flour**	**1-1/2**	**cups warm water (110°-115°)**
1/4	**cup sugar**	**2**	**pkgs. RED STAR Instant Blend Dry Yeast**
1-1/2	**tsp. salt**		
1/3	**cup *soft* shortening**	**1**	**egg, room temperature**

Measure the first 4 ingredients into a bowl; blend. Set aside. Pour the water into a mixing bowl; add the yeast. Let stand 3 to 5 minutes; stir. Add egg and 1/2 the flour-mixture. Beat *2 minutes* with electric mixer on medium speed, or by hand until smooth. STOP MIXER. Add the rest of the ingredients and beat again with a spoon until smooth . . . *1 to 1-1/2 minutes.* Scrape down batter from sides of bowl. Cover. Let rise in warm place until doubled . . . *about 30 minutes.* Meanwhile, grease 1-1/2 dozen large muffin cups.

Beat down raised batter in *about 25 strokes.* This is a thick, somewhat sticky batter. Spoon into muffin cups, filling no more than half full. Tap pans on table to settle the batter. Let rise until batter reaches tops of cups . . . *20 to 30 min.* Bake *10 to 15 min.* or until well browned on sides and tops, in *preheated* 400° (mod. hot) oven. Remove from pans and cool on racks. Brush with butter.

BATTERWAY OATMEAL BREAD
(Makes 1 loaf)

40 to 50 minutes — 375° oven

2-3/4	**cups all-purpose flour**	**1**	**cup warm water (110°-115°)**
1/2	**cup quick rolled oats**	**1**	**pkg. RED STAR Instant Blend Dry Yeast**
2	**tsp. salt**		
3	**tbsp. soft shortening**	**1**	**egg, room temperature**
		3	**tbsp. light molasses**

Measure the first 4 ingredients into a bowl; blend. Set aside. Pour the water into a mixing bowl; add the yeast. Let stand 3 to 5 minutes; stir. Add the egg, molasses, and 1/2 the flour-mixture. Beat *2 minutes* with electric mixer on medium speed, or by hand until smooth. STOP MIXER. Add the rest of the ingredients and beat again with a spoon until smooth . . . *1 to 1-1/2 minutes.* Scrape down batter from sides of bowl. Cover. Let rise in warm place until doubled . . . *30 to 40 minutes.* Meanwhile grease one 5x9 *or* 4-1/2x8-1/2-inch loaf pan.

Beat down raised batter in *about 25 strokes.* This is a thick, somewhat sticky batter; spread evenly in the pan. Tap pan on table to settle the batter. Let rise only until edges of batter come to within 1-inch of top of large pan or reach top of smaller pan . . . *about 30 min.* Bake *40 to 50 min.* or until well browned on sides and top, in *preheated* 375° (quick mod.) oven. Remove from pan and cool on rack. Brush with butter.

BATTERWAY RYE BREAD
(Makes 2 loaves)

40 to 50 minutes — 375° oven

5	**cups all-purpose flour**	**2-3/4**	**cups warm water (110°-115°)**
2	**cups rye flour**	**2**	**pkgs. RED STAR Instant Blend Dry Yeast**
1	**tbsp. salt**		
1 to 2	**tbsp. caraway**	**1/4**	**cup dark syrup *or* molasses**
1/4	**cup (4 tbsp.) soft shortening**		

Measure the first 5 ingredients into a bowl; blend. Set aside. Pour the water into a mixing bowl; add the yeast. Let stand 3 to 5 minutes; stir. Add the syrup and 1/2 the flour-mixture. Beat *2 minutes* with electric mixer on medium speed, or by hand until smooth. STOP MIXER. Add the rest of the ingredients and beat again with a spoon until smooth . . . *1 to 1-1/2 minutes.* Scrape down batter from sides of bowl. Cover. Let rise in warm place until doubled . . . *about 30 minutes.* Meanwhile grease two 5x9 *or* 4-1/2x8-1/2-inch loaf pans.

Beat down raised batter in *about 25 strokes.* This is a thick, somewhat sticky batter; spread evenly in the pans. Tap pans on table to settle the batter. Let rise only until edges of batter come within 1-inch of tops of large pans or reach tops of smaller pans . . . *about 30 min.* Bake *40 to 50 min.* or until well browned on sides and tops, in *preheated* 375° (quick mod.) oven. Remove from pans and cool on rack. Brush with water for chewy crusts.

BATTERWAY RAISIN BREAD

(Makes 2 loaves)

40 to 50 minutes — 375° oven

7	**cups all-purpose flour**	**2-1/2**	**cups warm water (110°-115°)**
2/3	**cup sugar**	**2**	**pkgs. RED STAR Instant Blend Dry Yeast**
2	**tsp. salt**		
1	**tsp. ginger**	**2**	**eggs, room temperature**
6	**tbsp. soft shortening**	**1**	**cup washed raisins**

Measure the first 5 ingredients into a bowl; blend. Set aside. Pour the water into a mixing bowl; add the yeast. Let stand 3 to 5 minutes; stir. Add eggs and 1/2 the flour-mixture. Beat *2 minutes* with electric mixer on medium speed, or by hand until smooth. STOP MIXER. Add the rest of the ingredients and beat again with a spoon until smooth . . . *1 to 1-1/2 minutes.* Scrape down batter from sides of bowl. Cover. Let rise in warm place until doubled . . . *about 30 minutes.* Meanwhile grease two 5x9 *or* 4-1/2x8-1/2-inch loaf pans.

Beat down raised batter in *about 25 strokes.* This is a thick, somewhat sticky batter; spread evenly in the pans. Tap pans on table to settle the batter. Let rise only until edges of batter come within 1-inch of tops of large pans or reach tops of smaller pans . . . *about 30 min.* Bake *40 to 50 min.* or until well browned on sides and tops, in *preheated* 375° (quick mod.) oven. Remove from pans and cool on rack. Brush with butter for soft crusts.

BATTERWAY WHOLE WHEAT BREAD

(Makes 2 loaves)

40 to 50 minutes — 375° oven

2	**cups whole wheat flour**	**2**	**pkgs. RED STAR Instant Blend Dry Yeast**
4	**cups all-purpose flour**		
3	**tsp. salt**	**1/4**	**cup honey**
2-1/2	**cups warm water (110°-115°)**	**1/4**	**cup soft shortening**

Measure the first 3 ingredients into a bowl; blend. Set aside. Pour the water into a mixing bowl; add the yeast. Let stand 3 to 5 minutes; stir. Add honey, shortening, and 1/2 the flour-mixture. Beat *2 minutes* with electric mixer on medium speed, or by hand until smooth. STOP MIXER. Add the rest of the ingredients and beat again with a spoon until smooth . . . *1 to 1-1/2 minutes.* Scrape down batter from sides of bowl. Cover. Let rise in warm place until doubled . . . *about 30 minutes.* Meanwhile grease two 5x9 *or* 4-1/2x8-1/2-inch loaf pans.

Beat down raised batter in *about 25 strokes.* This is a thick, somewhat sticky batter; spread evenly in the pans. Tap pans on table to settle the batter. Let rise only until edges of batter come within 1-inch of tops of large pans or reach tops of smaller pans . . . *about 30 min.* Bake *40 to 50 min.* or until well browned on sides and tops, in *preheated* 375° (quick mod.) oven. Remove from pans and cool on racks. Brush with butter for soft crusts.

BATTERWAY PRUNE & SPICE BREAD

(Makes 1 large loaf)

40 to 50 minutes — 375° oven

3	**cups all-purpose flour**	**1**	**cup warm water (110°-115°)**
3	**tbsp. sugar**	**1**	**pkg. RED STAR Instant Blend Dry Yeast**
1-1/2	**tsp. salt**		
1/4	**tsp. cinnamon**	**1**	**egg, room temperature**
1/4	**tsp. nutmeg**	**1/2**	**cup unsweetened, drained, chopped, cooked prunes**
1/8	**tsp. cloves**		
2	**tbsp. soft shortening**		

Measure the first 7 ingredients into a bowl; blend. Set aside. Pour the water into a mixing bowl; add the yeast. Let stand 3 to 5 minutes; stir. Add the egg, prunes, and 1/2 the flour-mixture. Beat *2 minutes* with electric mixer on medium speed, or by hand until smooth. STOP MIXER. Add the rest of the ingredients and beat again with a spoon until smooth . . . *1 to 1-1/2 minutes.* Scrape down batter from sides of bowl. Cover. Let rise in warm place until doubled . . . *about 45 minutes.* Meanwhile grease one 5x9 *or* 4-1/2x8-1/2-inch loaf pan.

Beat down raised batter in *about 25 strokes.* This is a thick, somewhat sticky batter; spread evenly in the pan. Tap pan on table to settle the batter. Let rise only until edges of batter come to within 1-inch of top of large pan or reach top of smaller pan . . . *about 30 min.* Bake *40 to 50 min.* or until well browned on sides and top, in *preheated* 375° (quick mod.) oven. Remove from pan and cool on rack. Brush with butter for soft crust.

BATTERWAY CHEESE & HERB BREAD

(Makes 1 large *or* 2 small)

30 to 35 minutes — 375° oven

3	**cups all-purpose flour**	**1**	**pkg. RED STAR Instant Blend Dry Yeast**
2	**tbsp. sugar**		
1	**tsp. salt**	**1**	**egg, room temperature**
1/2	**tsp basil**		
1/2	**tsp. oregano**	**TOPPING:**	
3	**tbsp. soft shortening**	**1/2**	**lb. shredded natural cheese**
1-1/4	**cups warm water (110°-115°)**	**1/4**	**cup minced onion**
		1/2	**tsp. *each* basil & oregano**

Measure the first 6 ingredints into a bowl; blend. Set aside. Pour the water into a mixing bowl: add the yeast. Let stand 3 to 5 minutes; stir. Add egg and 1/2 the flour-mixture. Beat *2 minutes* with electric mixer on medium speed, or by hand until smooth. STOP MIXER. Add the rest of the ingredients and beat again with a spoon until smooth . . . *1 to 1-1/2 minutes.* Scrape down batter from sides of bowl. Cover. Let rise in warm place until doubled . . . *about 30 minutes.* Meanwhile grease one 9x13 *or* two 8 or 9-inch square pans. Prepare Topping by blending the ingredients.

Beat down raised batter in *about 25 strokes.* This is a thick, somewhat sticky batter; spread evenly in the pan. Tap pan on table to settle the batter. Add the Topping. With buttered fingertips, make dents on the Topping, pressing almost to the bottom of the pan. Let rise until no more than doubled . . . *20 to 30 min.* Bake *30 to 35 min.* or until golden brown on sides and tops, in *preheated* 375° (quick mod.) oven. Remove from pan and serve warm.

BATTERWAY DILL ROLLS

(Makes 24 medium)

15 to 20 minutes — 350° oven

2-1/2	**cups all-purpose flour**	**1/2**	**cup warm water (110°-115°)**
2	**tbsp. sugar**	**2**	**pkgs. RED STAR Instant Blend Dry Yeast**
1/2	**tsp. salt**		
1	**tbsp. instant minced onion**	**1**	**egg, room temperature**
2	**tsp. dill seed**		
2	**tbsp. butter**	**TOPPING:**	
1	**cup drained small-curd cottage cheese, heated to lukewarm**	**soft butter**	
		coarse salt	

Measure the first 7 ingredients into a bowl. Blend with fork or pastry blender. Set aside. Measure the water into a small bowl; add the yeast. Let stand 3 to 5 minutes; stir. Add the egg. Pour yeast-mixture into the flour-mixture. Beat until thoroughly blended. Cover. Let rise in warm place until doubled . . . *about 45 minutes.* Meanwhile grease 24 2-inch muffin cups*.

Beat down raised batter in *about 25 strokes.* This is a thick, somewhat sticky batter. Spoon into muffin cups, filling 1/2 full. Tap pans on table to settle the batter. Let rise until batter reaches tops of cups . . . *20 to 30 min.* Bake *15 to 20 min.* in *preheated* 350° (mod.) oven. Remove from pans and cool on rack. Brush with soft butter and sprinkle with coarse salt.

*Any size muffin cups may be used; fill only half full.

BATTERWAY CHEESE PUFFS

(Makes 2 dozen medium)

12 to 15 minutes — 425° oven

3	**cups all-purpose flour**	**1**	**cup (1/4 lb.) shredded Fontinella *or* Cheddar cheese**
1	**tbsp. sugar**	**1-1/2**	**cups warm water (110°-115°)**
1	**tsp. salt**	**1**	**pkg. RED STAR Instant Blend Dry Yeast**
1/4	**tsp. celery seed**		
2	**tsp. instant onion *or* 2 tbsp. finely chopped fresh**	**1**	**egg, room temperature**
2	**tbsp. soft shortening**	**Black pitted *or* stuffed green olives, if desired**	

Measure the first 7 ingredients into a bowl; blend. Set aside. Pour the water into a mixing bowl; add the yeast. Let stand 3 to 5 minutes; stir. Add the egg and 1/2 the flour-mixture. Beat *2 minutes* with electric mixer on medium speed, or by hand until smooth. STOP MIXER. Add the rest of the ingredients and beat again with a spoon until smooth . . . *1 to 1-1/2 minutes.* Scrape down batter from sides of bowl. Cover. Let rise in warm place until doubled . . . *about 30 minutes.* Meanwhile grease 24 medium-sized muffin cups.

Beat down raised batter in *about 25 strokes.* This is a sticky batter. Spoon into cups. filling no more than half full. Press one olive into the center of each cup. Tap pans on table to settle batter. Let rise until batter reaches tops of cups . . . *15 to 20 min.* Bake *12 to 15 min.* or until browned on sides and tops, in *preheated* 425° (hot) oven. Remove from pans to rack. Brush with butter.

Note: Any size muffin cups may be used, just so the batter fills the cups only half full.

BATTERWAY HOT CROSS BUNS

(Makes 2-1/2 dozen medium)

10 to 15 minutes — 400° oven

3-3/4	**cups all-purpose flour**	**1-1/4**	**cups warm water (110°-115°)**
6	**tbsp. sugar**	**2**	**pkgs. RED STAR Instant Blend Dry Yeast**
1	**tsp. salt**		
3/4	**tsp. cinnamon**	**2**	**eggs, room temperature**
shredded rind of 1 lemon		**1/2**	**cup currants *or* seedless raisins, washed and drained**
1/4	**cup soft shortening**		

Measure the first 6 ingredients into a bowl; blend. Set aside. Pour the water into a mixing bowl; add the yeast. Let stand 3 to 5 minutes; stir. Add eggs and 1/2 the flour-mixture. Beat *2 minutes* with electric mixer on medium speed, or by hand until smooth. STOP MIXER. Add currants with the rest of the ingredients and beat again with a spoon until smooth . . . *1 to 1-1/2 minutes.* Scrape down batter from sides of bowl. Cover. Let rise in warm place until doubled . . . *about 30 minutes.* Meanwhile grease muffin cups.*

Beat down raised batter in *about 25 strokes.* This is a thick, somewhat sticky batter. Spoon into muffin cups, filling 1/2 full. Tap pans on table to settle the batter. Let rise until batter reaches tops of cups . . . *20 to 30 min. Preheat oven* to 400 (mod. hot). Just before baking, brush tops of buns with milk or cream and sprinkle with sugar. Bake *10 to 15 min.* or until well browned on sides and tops. Remove from pans and cool on racks. Make crosses on top of rolls with **THICK ICING**: *1 cup* confectioners' sugar, *a pinch* of salt, *1 to 2 tbsp.* hot milk or water.

*Any size muffin cups may be used; fill only half full.

BATTERWAY CORN MUFFINS

(Makes 12 large)

15 to 20 minutes — 400° oven

2	**cups all-purpose flour**	**1/4**	**tsp. oregano**
1/2	**cup cornmeal**	**1/2**	**tsp. thyme, if desired**
2	**tbsp. sugar**	**1**	**cup warm water (110°-115°)**
1/2	**tsp. salt**	**1**	**pkg. RED STAR Instant Blend Dry Yeast**
3	**tbsp. soft shortening**		
		1	**egg, room temperature**

Measure the first 7 ingredients into a bowl; blend. Set aside. Pour the water into a mixing bowl; add the yeast. Let stand 3 to 5 minutes; stir. Add the egg and 1/2 the flour-mixture. Beat *2 minutes* with electric mixer on medium speed, or by hand until smooth. STOP MIXER. Add the rest of the ingredients and beat again with a spoon until smooth . . . *1 to 1-1/2 minutes.* Scrape down batter from sides of bowl. Cover. Let rise in a warm place until doubled . . . *about 30 minutes.* Meanwhile grease well 12 large muffin cups.

Beat down raised batter in *about 25 strokes.* This is a thick, somewhat sticky batter. Spoon into muffin cups, filling no more than half full. Tap pans on table to settle the batter. Let rise until batter reaches tops of cups . . . *about 30 min.* Bake *15 to 20 min* or until well browned on all sides, in *preheated* 400° (mod. hot) oven. Remove from pans to rack, Brush with butter. Serve warm.

Note: The batter may be put into a 9-inch square pan, for corn bread. Bake *20 to 25 min.* in 375° (quick mod.) oven.

BATTERWAY DROP DOUGHNUTS

(Makes about 4 dozen)

2	pkgs. RED STAR Instant Blend Dry Yeast	1/3	cup soft shortening
		1/2	tsp. mace
1/2	cup warm water (110°-115°)	1/2	tsp. nutmeg
3/4	cup scalded milk	3-1/4	cups all-purpose flour
1/4	cup sugar	2	eggs, room temperature
1	tsp. salt		

Dissolve the yeast in the warm water. Pour scalded milk over sugar, salt, shortening, and spices in a large bowl. Stir until slightly cooled. Add 1/2 the flour, the yeast-mixture, and eggs. Beat *2 minutes* with electric mixer on medium speed, or by hand until smooth. STOP MIXER. Add the rest of the flour and beat again with a spoon until smooth . . . *1 to 1-1/2 minutes.* Scrape down batter from sides of bowl. Cover. Let rise in warm place until doubled . . . *about 30 minutes.*

Beat down raised batter in *about 25 strokes.* Let rest while fat is heating to 350°-375° (to test, a 1-inch cube of bread browns in 60 seconds). Drop batter from teaspoon into hot fat. Turn when edges show color, frying until golden brown . . . *about 1-1/2 min.* on each side Drain on absorbent paper, near a warm place. Roll in sugar while still warm.

FOR DELICIOUS DOUGHNUTS:

1. Have fat 1-1/2 to 2-inches deep in heavy pan for shallow fat frying.
2. Keep temperature at 350°-375°. Too hot fat forms crust before doughnuts cook through; too cool fat means doughnuts will soak up fat.

BATTERWAY SPICE PUFFS

(Makes 2-1/2 dozen medium)

10 to 15 minutes 400° oven

2	pkgs. RED STAR Instant Blend Dry Yeast	1/4	cup soft shortening
		1/2	tsp. mace
1/2	cup warm water (110°-115°)	1/2	tsp. nutmeg
1/2	cup scalded milk	3-1/4	cups all-purpose flour
6	tbsp. sugar	2	eggs, room temperature
1/2	tsp. salt	1/2	cup melted butter for roll tops

CINNAMON–SUGAR MIXTURE: *1/2 cup* sugar, *1 tsp.* cinnamon

Dissolve yeast in the warm water. Pour scalded milk over sugar, salt, shortening, and spices in a large bowl. Stir until slightly cooled. Add 1/2 the flour, the yeast-mixture, and eggs. Beat *2 minutes* with electric mixer on medium speed, or by hand until smooth. STOP MIXER. Add the rest of the flour and beat again with a spoon until smooth . . . *1 to 1-1/2 minutes.* Scrape down batter from sides of bowl. Cover. Let rise in warm place until doubled . . . *about 30 minutes.* Meanwhile grease muffin cups.

Beat down raised batter in *about 25 strokes.* Fill muffin cups 1/2 full. Tap pans on table to settle the batter. Let rise until batter reaches tops of cups . . . *20 to 30 min.* Bake *10 to 15 min.* or until well browned on sides and tops, in *preheated* 400° (mod. hot) oven. Tip puffs in pans until slightly cooled. Dip tops and sides of puffs quickly in melted butter, then roll in Cinnamon-Sugar Mixture. Serve warm.

BATTERWAY CINNAMON-CRUNCH COFFEE CAKE

(Makes 1 large *or* 2 small cakes)

20 to 30 minutes — 375° oven

1/2	**cup sugar**	**1**	**cup *warm* water (110°-115°)**
1	**tsp. salt**	**2**	**pkgs. RED STAR Instant Blend Dry Yeast**
3	**cups all-purpose flour**		
1/2	**cup soft shortening, part butter or margarine**	**2**	**eggs, room temperature**
		1	**tsp. vanilla, almond *or* lemon extract**

CINNAMON-CRUNCH TOPPING: **Mix** *1/2 cup crushed* (1-1/2 cup uncrushed) wheat, corn, or rice cereal flakes, *1/2 cup* sugar, *1/2 tsp.* cinnamon, *3 tbsp.* melted butter *or* margarine.

Measure the first **4** ingredients into a bowl; blend. Set aside. Pour the water into a mixing bowl; add the yeast. Let stand 3 to 5 minutes; stir. Add the eggs, vanilla, and 1/2 the flour-mixture. Beat *2 minutes* with electric mixer on medium speed, or by hand until smooth. STOP MIXER. Add the rest of the ingredients and beat again with a spoon until smooth . . . *1 to 1-1/2 minutes.* Scrape down batter from sides of bowl. Cover. Let rise in warm place until doubled . . . *about 30 minutes.* Prepare Topping. Butter one 9x13x2-inch pan *or* two 8 or 9-inch square pans.

Beat down raised batter in *about 25 strokes.* This is a thick, somewhat sticky batter; spread evenly in the pan. Add Topping. With fingers, make dents on Topping, pressing to the bottom of the pan. Tap pan on table to settle the batter. Let rise until doubled . . . *20 to 30 min.* Bake *20 to 30 min.* in *preheated* 375° (quick mod.) oven. Remove from pans to rack.

SOUTHERN SALLY LUNN

(Makes 1 loaf)

30 to 40 minutes — 400° oven

1	**pkg. RED STAR Instand Blend Dry Yeast**	**1**	**tsp. salt**
1/2	**cup *warm* water (110°-115°)**	**1/4**	**cup butter *or* margarine**
3/4	**cup milk, scalded**	**3-1/4**	**cups all-purpose flour**
3	**tbsp. sugar**	**2**	**eggs, room temperature**
			Grated rind of 1 lemon, if desired

Add the yeast to the warm water. Let stand 3 to 5 minutes; stir. Pour scalded milk over sugar, salt, and butter in a large bowl. Stir until slightly cooled. Add the yeast-mixture, eggs, and 1/2 the flour. Beat *2 minutes* with electric mixer on medium speed, or by hand until smooth. STOP MIXER. Add the rest of the flour a little at a time and beat again until smooth. Scrape down batter from sides of bowl. Cover. Let rise in warm place until doubled . . . *about 50 minutes.* Grease a 5x9x3-inch loaf pan, 9-inch tube pan, *or* a 10-inch mold.

Beat down raised batter in *about 25 strokes.* Pour into pan . . . it will fill pan 1/2 full. Let rise until batter reaches top of pan . . . *about 30 min.* If an extra dark crust is desired, sprinkle 1 tbsp. sugar over the batter just before it goes into the oven. Bake *30 to 40 min.* in *preheated* 400° (mod. hot) oven. Remove from pan. Place on rack to cool a few minutes before serving. This bread is excellent lightly toasted.

BABA AU RHUM

30 to 40 minutes — 350° oven

3	cups all-purpose flour	1/4	cup sugar
2	pkgs. RED STAR Instand Blend Dry Yeast	1/2	tsp. salt
		4	eggs, room temperature
1/4	cup water	1/2	cup currants, *or* chopped almonds and currants
1/2	cup milk		
3/4	cup (1-1/2 sticks) butter	1/2	tsp. almond extract

Measure *1-3/4 cups of the flour* into large mixer bowl. Add yeast; blend. Measure water, milk, butter, sugar and salt into a pan. Heat until *warm* (120°-130°), stirring constantly. Pour into flour-yeast mixture. Add eggs. Beat *1/2 minute* at *low* speed, scraping bowl. Beat *3 more minutes* at *high* speed. STOP MIXER. Blend in the rest of the flour, currants, and extract. Cover bowl. Let rise in a warm place until doubled . . . *30 to 45 minutes.*

Turn into buttered 2-quart turban mold or 12 individual baba or ring molds, filling half full. Let rise until doubled . . . *30 to 40 min.* Bake *30 to 40 min.* for large mold, *15 to 20 min.* for small molds, or until cake tester comes out clean, in *preheated* 350° (mod.) oven. Cakes will be golden brown. Prick cake with fork while in pan, then invert, remove from pan, and prick again. Pour hot Syrup over cake, a little at a time until Syrup is absorbed.

RUM-LEMON SYRUP: Boil *2 cups sugar* and *4 cups water* for 8 to 10 minutes. Remove from heat and add *4 tsp. rum flavoring, 1 tsp. lemon juice,* and *1/4 tsp. almond extract.* Pour Syrup over Baba a little at a time and let stand until all of the Syrup is absorbed.

GOLDEN DELICIOUS SQUARES

1 recipe Batter (as above)

SYRUP:		4	cups pared, sliced Golden Delicious apples (3 large)
1	cup water		
2	cups sugar	1/2	tsp. cinnamon
juice and grated rind of 1 lemon		1/4	cup (1/2 stick) butter

Prepare batter. While rising in the bowl, prepare syrup and apples. Blend sugar and water in a saucepan. Bring to a boil, then simmer *5 minutes,* stirring occasionally. Add lemon juice. Pour *1 cup syrup* into a small pan for later use. Add apples, lemon rind, and cinnamon to larger pan. Simmer *2 to 3 minutes* more until apples are tender and golden. Add the butter. Pour into buttered 9x13-in. pan.

Pour raised batter over apple-mixture; spread evenly. Let rise again in warm place . . . *15 to 25 min.* until doubled. Bake *35 to 40 min.* in *preheated* 350° (mod.) oven. Place on rack. Prick cake with fork. Pour warm* syrup over cake until absorbed. Cool slightly. Loosen edges of cake. Place rack over top and invert on flat plate or tray. Cut into squares; *or* cut in squares in pan and serve upside down, topped with whipped cream.

*Reheat, if necessary.

YEAST PANCAKES (Makes twenty-four 4-inch cakes)

1	pkg. RED STAR Instant Blend Dry Yeast	1	tsp. salt
1/4	cup *warm* water (110°-115°)	1/8	tsp. *each* ginger and nutmeg if desired
1-3/4	cups milk, scalded, then cooled to lukewarm	1/4	cup soft shortening
2	tbsp. sugar	3	eggs, room temperature
		2	cups all-purpose flour

Dissolve yeast in warm water in mixing bowl. Add cooled milk, sugar, salt, and spices. Beat in rest of ingredients with rotary beater until smooth. Cover and let rise in warm place *about 1 hour.* Batter will be light and bubbly. Use immediately, *or* cover and refrigerate overnight in large bowl to allow for rising. Do not refrigerate more than 24 hours.

Stir down batter. Drop from tip of large spoon, or pour from pitcher onto hot griddle, greasing lightly if necessary. Turn as soon as bubbly. Bake other side until golden brown. To serve rolled pancakes, squeeze several drops of lemon juice over the cakes, add a sprinkling of confectioners' sugar, and spread cooked sweetened apple slices* in the center of the pancake. Roll up. Add a dash more of sugar and serve at once. Or, serve with syrups, jams, and other warmed fruit sauces.

*Canned Apple Pie Slices are fine.

For YEAST WAFFLES, mix as for pancakes, except use 2-2/3 cups flour. Makes 6 to 8 waffles, depending on size.

TO FREEZE: Put waxed paper between pancakes or waffles and stack in rigid container for freezing (no more than 3 months). To defrost, place pancakes under the broiler, turning after a few minutes to defrost both sides.

BATTERWAY CRISPIES
(Makes 1-1/2 dozen)

12 to 15 minutes — 400° oven

2	tbsp. sugar	3/4	cup warm water (110°-115°)
1/2	tsp. salt	1	pkg. RED STAR Instant Blend Dry Yeast
1/2	tsp. nutmeg		
2-1/4	cups all-purpose flour	1	egg, room temperature
3	tbsp. soft shortening	2	tbsp. soft butter for baking sheets

SUGAR MIXTURE: *3/4 cup* white sugar, *1/4 cup* brown sugar, *1 tsp.* cinnamon, *1/2 cup* finely chopped nuts.

Measure the first 5 ingredients into a bowl; blend. Set aside. Pour the water into a mixing bowl; add the yeast. Let stand 3 to 5 minutes; stir. Add egg and 1/2 the flour-mixture. Beat *2 minutes* with electric mixer on medium speed, or by hand until smooth. STOP MIXER. Add the rest of the ingredients and beat again with a spoon until smooth . . . *1 to 1-1/2 minutes.* Scrape down batter from sides of bowl. Cover. Let rise in warm place until doubled . . . *about 30 minutes.* Prepare Sugar-Mixture. *Preheat oven* to 400°.

Beat down raised batter in *about 25 strokes.* This is a thick, somewhat sticky batter. Butter two 12x15-in. baking sheets. Pour about 1/4 cup of the Sugar-Mixture into the middle of a 12-inch piece of waxed paper. Drop 1 tablespoon of batter at a time into the Mixture. Turn over with fingertips so it can be handled. Press into 4 to 5-inch ovals, 1/8-inch thick. Add Sugar-Mixture as needed. Place six ovals on a sheet; these will not spread. Bake *at once 12 to 15 min.* Remove from pan to rack. Ovals will crisp as they cool.

GOOD THINGS TO KNOW about NO-KNEAD RECIPES

NO-KNEAD doughs are thicker than batters, but not as thick as kneaded doughs. The dough can be pressed into pans, or chilled, then shaped. Many refrigerator doughs are no-kneads. They contain sufficient sugar for the yeast, so they can remain chilled up to 3 days. Some no-knead doughs on the other hand are chilled only a few hours . . . just until they are firm enough to be shaped. No-knead doughs are usually used for dinner rolls, sweet rolls and coffee cakes.

TO TIE-OFF dough, take a piece of strong thread about 16 inches long, slip under roll of dough and cross on top to cut slices smoothly and quickly.

No matter what kind of refrigerator dough you are making, the yeast must be dissolved or blended as usual. Cold liquids should NOT be used.

REFRIGERATOR ROLLS

(Makes 4 to 5 dozen)

10 to 20 minutes — 400° oven

6-1/4	**to 6-3/4 cups all-purpose flour**	**1/3**	**cup shortening, part butter**
2	**pkgs. RED STAR Instant Blend Dry Yeast**	**1/2**	**cup sugar**
		2	**tsp. salt**
2	**cups water**	**2**	**eggs, room temperature**

Measure *2-1/2 cups of the flour* into large mixer bowl. Add yeast; blend. Measure water, shortening, sugar, and salt into a pan. Heat until warm (120°-130°), stirring constantly. Pour into flour-yeast mixture. Add eggs. Beat *1/2 minute* at low speed, scraping bowl. Beat *3 more minutes* at *high* speed. STOP MIXER. Gradually add more flour to form a soft dough. Scrape down dough from sides of bowl. Cover first with waxed paper, then with aluminum foil. Refrigerate no more than 3 days for best results. Punch down dough every 30 minutes for the first few hours until it is chilled, then once a day.

When ready to make rolls, take only as much dough as is needed at the time. Cover and return rest to the refrigerator. Shape rolls. Cover and let rise in warm place until doubled . . . *1 to 2 hours.* Bake dinner rolls on baking sheet *10 to 20 minutes*, depending on size, in *preheated* 400° (mod. hot) oven. Remove from pan to rack and brush with butter. For **Crescent Rolls**: Roll 1/4 of the dough into a 10-inch circle. Cut into 12 pie-shaped pieces. Roll each piece of dough from the wide side toward the point, stretching the dough slightly as it is rolled. Place on baking sheet a little apart; curve ends. For **Twisted Shapes** such as Snails: Roll dough to an oblong 6-inches wide, about 1/2-inch thick. Cut strips 1/2-inch wide. Twist and hold one end of the strip down on baking sheet. Wind strip around and around. Tuck end underneath. For Knots, twist and tie each strip into a knot. Press ends down onto baking sheet. For **Cinnamon Rolls**: Roll 1/3 the dough to a 9x18-inch rectangle. Brush with *1 tbsp. butter*, then add *1/2 cup light brown sugar* mixed with *2 tsp. cinnamon.* Roll up, starting at wide side. Seal by pinching edges of dough into roll. Stretch roll to 20 inches. "Tie off" (see above) into 20 slices, and place in buttered 9x13x2-inch pan, or a little apart on buttered baking sheet. Cover and let rise until doubled . . . *45 to 60 min.* Bake *about 30 min.* in *preheated* 375° (quick mod.) oven. Brush tops of rolls with milk and sprinkle with sugar.

Note: 1/3 to 1/2 cup raisins, currants, or nuts may be added to the Filling.

MRS. GENDVILLE'S CREAM CHEESE COFFEE CAKE

(Makes one 10x15-inch cake)

30 to 35 minutes — 350° oven

4 egg yolks

2-1/2	cups all-purpose flour	FILLING	
1	tbsp. sugar	two 8-oz. pkgs. cream cheese	
1	tsp. salt	1	cup sugar
1	cup (1/2 lb.) butter *or* margarine	1	egg, separated
2	pkgs. RED STAR Instant Blend Dry Yeast	1/2	cup finely chopped nuts
		ICING	
1/4	cup *warm* water (110°-115°)	1	cup confectioners' sugar mixed with
		1	tsp. vanilla and 2 to 4 tbsp. water

Measure first 4 ingredients into a bowl. Mix with pastry blender or fork. Dissolve yeast in the water. Let stand 3 to 5 minutes; stir. Pour into the bowl. Mix well. Refrigerate *2 hours.* This is a rich dough- it rises very little. Prepare Filling: mix cheese, sugar, and egg yolk. Beat with spoon or electric mixer until smooth.

Divide chilled dough in two. Roll out half the dough and press evenly into lightly greased 10x15-inch pan (or use one 8-inch and one 9-inch pan). Cover with filling. Divide remaining dough in two parts. Roll each part into a 8x7-1/2-inch portion. Place over Filling. Beat egg white slightly and brush on top of dough. Add nuts. Let rise in warm place *one hour.* Bake *30 to 35 min.*. in *preheated* 350° (mod.) oven. Let cool slightly, then drizzle Icing over top of cake. Cut in squares to serve. (Cake may be refrigerated several days.)

SPEEDY ORANGE ROLLS

(Makes 14 rolls)

20 to 25 minutes — 400° oven

1	pkg. RED STAR Instant Blend Dry Yeast	1-3/4	to 2 cups all-purpose flour
		1	tbsp. sugar
1/2	cup *warm* water (110°-115°)	1	tsp. salt
1	egg, room temperature	2	tbsp. soft butter *or* margarine

FILLING and FROSTING: *1-1/2 cups* confectioners' sugar, *grated rind of 1 orange, 3 tbsp.* soft butter, *2 tbsp.* orange juice.

Dissolve yeast in water. Let stand 3 to 5 minutes; stir. Blend in the egg, 1/2 the flour, sugar, salt, and butter. Beat until smooth. Stir in more flour a little at a time. First use a spoon, then the hand. Dough should clean sides of bowl. Knead on lightly floured board until smooth . . . *about 10 strokes.* Cover. Let rest *15 minutes.* Grease 9-inch round pan. Blend Filling and Frosting ingredients. Beat until creamy.

Roll dough to a 7x14-inch rectangle. Spread with 1/2 the Filling. Roll, starting at the wide side. Pinch edge of dough into roll to seal. From 14-inch side, mark dough into 14 equal parts. "Tie off" (page 17) each piece with strong thread. Place in pan (10 around outer edge, 4 in the center). Let rise in warm place until doubled . . . *about 30 min.* Bake *20 to 25 min.* in *preheated* 400° (mod. hot) oven. Turn rolls upside down on a rack. Spread with syrup left in the pan. After this has "set", place a piece of waxed paper on the bottom of the rolls, turn right-side-up and place on a rack. Brush rest of Frosting over rolls.

COTTAGE CHEESE SWEET ROLLS

(Makes 24 rolls)

15 to 20 minutes — 375° oven

3	**cups all-purpose flour**	**1/2**	**cup soft shortening, part butter *or* margarine**
1/4	**cup sugar**	**2**	**pkgs. RED STAR Instant Blend Dry Yeast**
1	**tsp. salt**	**1/2**	**cup *warm* water (110°-115°)**
1	**cup small curd creamed cottage cheese, drained**	**1**	**egg, room temperature**

Measure the first 5 ingredients into a bowl; mix with pastry blender or fork. Dissolve yeast in the water. Let stand 3 to 5 minutes; stir. Add egg and yeast-mixture to flour-mixture; blend. The dough will be a little sticky with cheese bits throughout. Turn onto lightly floured board. Turn over 2 or 3 times to coat with flour. Divide into two parts.

Roll one part to a 12-inch square and spread half the Filling evenly over the dough. Roll up tightly. Pinch edges of dough into roll, turn to bottom and "tie-off" (page 17) into 12 slices. Place in buttered 2-inch muffin cups or in 8-inch round layer pan. Shape rest of dough. Let rise in warm place until doubled . . . *about 1 hour*. Bake rolls *15 to 20 min.* in *preheated* 375° (quick mod.) oven. Remove from pans and sprinkle with confectioners' sugar while still warm.

FILLING: *3/4 cup* chopped nuts, *1/2 cup* brown sugar, *1/4 cup* white sugar, *3 tbsp.* butter, *1/2 tsp.* vanilla mixed well.

* * *

Enriched flour is white flour to which have been added extra amounts of three of the B-vitamins and iron. The B-vitamins are thiamine (B_1), niacin, and riboflavin (B_2).

NUT-FILLED BUTTERHORNS

(Makes 64)

12 to 15 minutes — 375° oven

4	**cups all-purpose flour**	**2**	**pkgs. RED STAR Instant Blend Dry Yeast**
1	**tbsp. sugar**	**1/4**	**cup *warm* water (110°-115°)**
1	**tsp. salt**	**1/2**	**cup dairy sour cream**
1	**cup (1/2 lb.) butter *or* margarine**	**4**	**egg yolks, room temperature**

FILLING: *4* egg whites, *1 cup* sugar, *1 tsp.* vanilla, *1 cup* finely chopped nuts.

Measure the first 4 ingredients into a bowl; blend. Dissolve yeast in the water. Let stand 3 to 5 minutes; stir. Scald cream; cool to lukewarm. Add cream, yolks, and yeast-mixture to flour-mixture. Blend. Cover bowl with waxed paper then aluminum foil. Refrigerate *4 to not more than 24 hours.* Prepare Filling before removing dough from the refrigerator. Beat egg whites to the soft peak stage. Add sugar a little at a time, then the vanilla. Continue beating until stiff. Gently fold in the nuts.

Divide dough in 8 parts. Roll out, one part at a time, on board or paper sprinkled with confectioners' sugar. Shape dough into a ball with the hands, then roll from center to an 8-inch circle. Cover circle with a layer of Filling. Cut into 8 wedges. Roll up beginning at rounded edge. Place on ungreased baking sheets. Bake at once *12 to 15 min.* or until golden brown, in *preheated* 375° (quick mod.) oven. Remove from pan and cool on rack. Dip in confectioners' sugar before serving.

(Since this is a large recipe half the dough could be used at one time. Make up only 1/2 the Filling at a time.)

LORENE'S COTTAGE CHEESE ROLLS

(Makes about 30 rolls)

10 to 15 minutes — 400° oven

2	**cups all-purpose flour**
2	**tbsp. sugar**
1/2	**tsp. salt**
2	**tbsp. shortening**
1	**cup cream-style cottage cheese, drained**
1	**pkg. RED STAR Instant Blend Dry Yeast**
1/4	**cup *warm* water (110°-115°)**
1	**egg, room temperature**
	Soft butter to brush roll tops

Measure the first 5 ingredients into a bowl; blend. Dissolve yeast in the water. Let stand 3 to 5 minutes; stir. Add yeast-mixture and egg to flour-mixture. Beat hard. Cover. Let rise in warm place until doubled . . . *40 to 60 minutes.* Turn onto lightly floured board. Turn over several times to coat with flour this is a soft dough. Divide in two. Roll one part into a 6x12-inch rectangle. Cut dough into 3/4-inch strips. Roll each piece under the hand into pencil-like pieces 8-inches long.

For *Snails,* twist and hold one end of strip down on baking sheet. Wind strip around and around. Tuck end underneath. For *Figure 8's,* hold one end of strip in one hand and twist the other end, stretching it slightly until the two ends, when brought together on greased baking sheet, will form a figure 8. For *Bowknots,* tie in loose knots, pressing ends down after placing them on the buttered baking sheet. Continue shaping. Let rise in warm place until doubled . . . *about 30 min.* Bake rolls *10 to 15 min.* in *preheated* 400 (mod. hot) oven. Remove from pans to rack. Brush with butter.

Individual packets of dry yeast labeled 1/4 oz. net, equal the standard 5/8 oz. square cake of compressed yeast wrapped in aluminum foil.

QUICK CRESCENTS

(Makes 3 dozen)

10 to 15 minutes — 400° oven

2	**pkgs. RED STAR Instant Blend Dry Yeast**
1/2	**cup *warm* water (110°-115°)**
1	**cup milk**
2	**tbsp. sugar**
1	**tsp. salt**
4	**cups all-purpose flour**
6	**tbsp. soft shortening**
1	**egg, room temperature**

Dissolve yeast in warm water. Scald milk and pour into a bowl with the sugar and salt. Blend and cool to lukewarm. Stir yeast-mixture and pour into the bowl. Add about 1/2 the flour. Beat until smooth, then mix in the shortening and remaining flour with hand or wooden spoon. Scrape down dough from sides of bowl. Cover. Let rise in warm place until doubled . . . *20 to 30 minutes.* Meanwhile grease two large baking sheets. Measure *2 tsp. celery seeds;* beat *1 egg* slightly; melt *3 tsp. butter.*

Punch down dough. Turn onto lightly floured board. Shape 1/3 of the dough at a time as follows: Turn dough over on board several times to coat with flour, then roll to a 10-inch circle. Cut into 12 pie-shaped pieces. Stretch wide end of each piece as you roll, so the long point tucks under. Curve ends to form a crescent. Brush with the egg; sprinkle with seeds. Place crescents a little apart on the baking sheets. Let rise until doubled . . . *15 to 20 min.* Bake *10 to 15 min.* in *preheated* 400° (mod. hot) oven. Remove from pans and cool on rack a few minutes before serving. Brush with butter.

KRINGLE (Simplified Danish Pastry)

(Makes 2)

18 to 25 minutes — 400° oven

2	**cups all-purpose flour**	**1**	**pkg. RED STAR Instant Blend Dry Yeast**
4	**tsp. sugar**		
1/2	**tsp. salt**	**1/4**	**cup *warm* water (110°-115°)**
1/2	**cup shortening, part butter *or* margarine**	**1/2**	**cup milk**
		1	**egg, separated**

Measure the first 4 ingredients into a bowl. Mix with pastry blender or fork. Dissolve yeast in the water. Let stand 3 to 5 minutes. Scald milk. Cool to lukewarm and blend in the egg yolk. (Keep white for Filling base.) Stir yeast-mixture and add to egg yolk-mixture. Pour into large bowl. Blend, Cover bowl with waxed paper, then foil. Chill *2 to not more than 48 hours*. Prepare Fillings before removing dough from refrigerator. Quantity given is for one Kringle.

Divide dough into 2 parts. Beat egg white until stiff. Roll dough on lightly floured board into a 6x18-inch rectangle. Spread with 1/2 the egg white, then one of the Fillings. Bring sides over Filling the long way,and pinch edge of dough into roll. Handle Kringle carefully . . . this is a tender dough. Place on lightly greased baking sheet in horseshoe or circular shape. Shape second Kringle and place on second baking sheet. Cover. Let rise until almost doubled . . . *30 to 40 min.* Bake *18 to 25 min.* in *preheated* 400° (mod. hot) oven. Remove from pans to racks to cool. Before serving, sift confectioners' sugar over the top of the Kringles.

APPLE CURRANT: *3/4 cup* finely chopped apples, *1/4 cup* washed currants, *1/4 cup* brown sugar (packed in cup), *2 tsp.* flour.
APPLE PECAN: *3/4 cup* finely chopped apples, *1/4 cup* finely chopped pecans, *1/4 cup* brown sugar (packed in cup), *2 tsp.* flour.
DATE PECAN: *1/2 cup* finely cup-up dates, *1/4 cup* finely chopped pecans, *1/4 cup* brown sugar (packed in cup).
ORANGE OR PINEAPPLE MARMALADE: *1/2 cup* marmalade.
PECAN: *1/2 cup* chopped pecans, *1/4 cup* brown sugar (packed in cup).

SALAD STICKS

(Makes 36)

15 to 20 minutes — 400° oven

3	**cups all-purpose flour**	**3/4**	**cup milk**
1	**pkg. RED STAR Instant Blend Dry Yeast**	**1/4**	**cup water**
		1/4	**cup shortening**
2	**tsp. caraway**	**1**	**tbsp. sugar**
1	**tsp. sage**	**1**	**tsp. salt**
1/2	**tsp nutmeg**	**1**	**egg, room temperature**

Measure *1 cup of the flour* into large mixer bowl. Add yeast, caraway, sage, and nutmeg; blend. Measure milk, water, shortening, sugar, and salt into a pan. Heat until *warm* (120°-130°), stirring constantly. Pour into bowl. Add egg. Beat *1/2 minute* at *low* speed, scraping bowl. Beat *3 more minutes* at *high* speed. STOP MIXER. Gradually add the rest of the flour. Scrape down dough from sides of bowl. Cover with waxed paper, then aluminum foil. Refrigerate *2 to not more than 24 hours.*

When ready to shape the bread sticks, pinch off a tablespoon of dough at a time. Roll between the hands, then on the board to 8-inch pencil-like strips. Place a little apart on two 12x15-inch greased baking sheets (or bake part at one time, the rest later). Let sticks rise in warm place until doubled . . . *45 to 60 min.* Bake *15 to 20 min.* in *preheated* 400° (mod. hot) oven. Remove from pans and cool on racks.

Note: If desired, brush tops of bread sticks with egg then sprinkle with coarse salt, just before baking.

PIZZA
(Makes 2 large)

25 to 35 minutes — 400° oven

3	cups all-purpose flour
1-1/2	tsp salt
2	tbsp. soft shortening
1	pkg. RED STAR Instant Blend Dry Yeast
1	cup plus 2 tbsp. *warm* water (110°-115°)

TOPPING

2	tbsp. salad oil
6	tbsp. Parmesan cheese
one #2-1/2 or #3 can tomatoes, drained	
salt and pepper	
1/3	cup chopped onions
1	to 2 tsp. basil *or* oregano
1/2	lb. Mozzarella *or* sharp Cheddar cheese, sliced or shredded

Prepare Topping ingredients. See "extras" in Paragraph #3.

Measure the first 3 ingredients into a bowl. Set aside. Pour the water into a mixing bowl; add the yeast. Let stand 3 to 5 minutes; stir. Add about 1/2 the flour-mixture. Beat until smooth. Add more flour a little at a time, mixing well. Turn onto lightly floured board. Turn over 4 or 5 times to smooth. Cover dough with bowl; let rest *10 minutes.* Grease two 12x15-inch baking sheets. Divide dough in two. To shape pizza, roll half the dough to a 4x6-inch rectangle, then place in the middle of a baking sheet. Gently push and pat out the dough to a 10x12-inch rectangle or to an 11-inch round. Squeeze outer edges of dough to form a rim to hold the Topping. Shape second pizza.

Add Topping to dough as follows: Brush dough with oil. Add Parmesan cheese, 1/2 the tomatoes, salt and pepper, onions, herbs, and Mozzarella cheese. (*One 2-oz. can cut-up mushrooms, one 2-oz. can anchovy fillets,* and *1/2 lb. Italian sausage or seasoned ground beef* may be added. Add *cheese* last.) Bake *25 to 35 min.* in *preheated* 400° (mod. hot) oven. Cut into portions and serve hot.

NOTE: The baked Pizza may be frozen after it is cooled. Wrap in foil. Reheat for serving in the foil. The baked Pizza may also be refrigerated if it is to be used in a few days. Wrap in waxed paper. To reheat, remove waxed paper and place on baking sheet. Warm in a hot oven *10 to 15 min.*

TIPS

When shaping refrigerator dough, take out only as much as you can handle at one time, then return the rest to the refrigerator until ready to use.

* * *

Since refrigerator doughs rise in the refrigerator, they must be punched down to release the gases. Punch every 30 minutes for the first few hours until the dough becomes chilled, then twice a day until the dough is used. If the dough is kept longer than 3 days, it can develop undesirable flavors, particularly if the refrigerator door has been opened quite often.

* * *

Compressed yeast can be frozen up to 6 months at 0° F. temperature or below. Defrosted compressed yeast is as fresh and active as when it went into the freezer. Take out only what is needed for one baking and let defrost overnight, in the refrigerator, before using.

GOOD THINGS TO KNOW about KNEADED DOUGHS

KNEADED doughs require the longest time of all three methods, but even so, this method has been shortened and simplified because of the RED STAR Instant Blend Dry Yeast. In the following pages you will find recipes made by the INSTANT BLEND method and the CONVENTIONAL method.

For the INSTANT BLEND method, the yeast is first blended with part of the flour, then the liquids along with other ingredients, are added. Because the yeast is protected and buffered by the flour, warmer mixtures can be added. This gets the dough off to a good start!

In the CONVENTIONAL method, the yeast is first dissolved in warm water, then the other ingredients are added to form a dough.

KNEADING is a rhythmic exercise that completes the mixing of the dough. It also develops the gluten in the flour to give it the gas-retaining power for products of fine volume.

1. Place the dough on a lightly floured board or pastry cloth. Turn over several times to make it easier to handle, then grease the fingertips.
2. With curved fingers, *fold* the dough toward you, *push* away firmly but lightly with heel of hand in a rolling motion, then give the dough a quarter *turn*.
3. Continue the 1-2-3 technique as the dough almost bounces under the hand and the side next to the board becomes smooth and little blisters can be seen beneath the surface.

Note: While learning it is helpful to repeat "fold . . . push . . . turn" as one practices. Before long this exercise becomes automatic, smooth, and relaxing.

CHEESE BREAD

(Makes 1 large braided loaf)

40 to 45 minutes — 375° oven

2-1/2	**to 3 cups all-purpose flour**	**1**	**tbsp. sugar**
2	**pkgs. RED STAR Instant Blend Dry Yeast**	**1**	**tsp. salt**
		1	**egg, room temperature**
1/2	**cup milk**	**1/2**	**lb. shredded STELLA Fontinella**
1/2	**cup water**		***or* Cheddar cheese**

Measure *1-1/4 cups of the flour* into large mixer bowl. Add yeast; blend. Measure milk, water, sugar, and salt into a pan. Heat until *warm* (120°-130°), stirring constantly. Pour into bowl. Add egg. Beat *1/2 minute* at *low* speed, scraping bowl. Beat *3 more minutes* at *high* speed. STOP MIXER. Add the cheese, then gradually more flour until dough is quite stiff. Knead lightly . . . this is a tender dough . . . only 25 to 30 strokes. Cover and let rest *10 minutes*.

To shape, divide dough into 4 parts. Shape 3 of the parts into 14-inch strips by placing hands on ends of each, then rolling back and forth so centers will be slightly fatter than the ends. Place the 3 strips diagonally 1-inch apart on lightly greased 12x15-inch baking sheet. Braid loosely. Turn under and press ends of dough onto baking sheet to seal. Divide remaining dough in two parts. Shape as above into 2 pieces about 12 inches long. Twist together and place on top of Braid. Pinch ends of twists into large Braid, or use wooden picks to keep in place during the baking. Cover and let rise in warm place until doubled . . . *35 to 45 min.* Bake loaf *40 to 45 min.* in *preheated* 375° (quick mod.) oven. Remove to rack and brush with butter.

MINI-LOAVES
(Makes 4 small loaves)

25 to 35 minutes — 400° oven

4	**to 5 cups all-purpose flour**	**1**	**cup water**
2	**pkgs. RED STAR Instant Blend Dry Yeast**	**2**	**tbsp. shortening**
		2	**tbsp. sugar**
3/4	**cup milk**	**2**	**tsp. salt**
		1	**egg, room temperature**

Measure *2 cups of the flour* into the large mixer bowl. Add yeast; blend. Measure milk, water, shortening sugar, and salt into a pan. Blend. Heat until *warm* (120°-130), stirring constantly. Pour into flour-yeast mixture. Add egg. Beat *1/2 minute* at *low* speed, scraping bowl. Beat *3 more minutes* at *high* speed. STOP MIXER. Gradually stir in more flour to form a soft dough. Knead *5 to 10 minutes* until smooth. Cover dough. Let rest *20 minutes.* *Grease four 3-1/4x5-1/2x2-1/4-inch pans.

Divide dough into 4 equal parts. Shape into small loaves. Place in pans. Let rise in warm place until doubled . . . *about 45 min.* Bake *25 to 35 min.* in *preheated* 400° (mod. hot) oven. Remove from pans and cool on racks. Brush with butter for soft crusts.

*Or use greased baking sheets. Shape loaves in round balls. Slash tops after 10 min. Let rise until doubled as above.

VARIATIONS

CHEESE BREAD: Add 1 cup (4 ounces) shredded sharp cheese before the last part of the flour.

CORNMEAL BREAD: Add 1 cup cornmeal before the last part of the flour.

OATMEAL BREAD: Add 1 cup quick oatmeal and grated rind of 1 lemon before the last part of the flour.

ONION BREAD: Add 1 pkg. onion soup mix (1-3/8 oz.) to milk mixture. Omit salt.

RAISIN BREAD: Add 1 tsp. ginger and 1 cup washed raisins before the last part of the flour. Just before baking, brush tops of loaves with milk, then sprinkle with sugar.

RYE BREAD: Add 1 cup rye flour and 1 to 2 tsp. caraway seeds before the last part of the flour. Bake at 375°.

WHOLE WHEAT BREAD: Add 1 cup whole wheat flour and grated rind of 1 orange before the last part of the flour.

* * *

One of the greatest helps in Yeast Baking is to use the FINGER TESTS to check the doughs, to be sure they have doubled in size during the rising:

1. *The first rise after mixing is checked by* poking 2 fingers *deep* into the side of the dough. If the hole fills up rapidly, the dough must rise for a longer time. If the dent remains or fills in slightly, punch down dough and proceed according to recipe directions.
2. *After bread or rolls are shaped, check in this way*: When the dough seems almost doubled, press a finger *gently* on the side. If a small dent remains, the loaves are ready for the oven.

CRUNCHY TOP COFFEE CAKE

(Makes 1 large *or* 2 smaller cakes)

30 to 40 minutes — 375° oven

2-3/4	**to 3-1/4 cups all-purpose flour**	**1/4**	**cup water**
		3	**tbsp. shortening**
2	**pkgs. RED STAR Instant Blend Dry Yeast**	**3**	**tbsp. sugar**
		1	**tsp. salt**
1	**cup buttermilk**	**1**	**egg, room temperature**

TOPPING: Blend *1/2 cup* white sugar, *2 tbsp.* brown sugar, *1/2 tsp.* cinnamon, *2 tbsp.* melted butter, *1/4 cup* chopped nuts.

Measure *1-1/2 cups of the flour* into large mixer bowl. Add yeast; blend. Measure buttermilk, water, shortening, sugar, and salt into a pan. Heat until *warm* (120°-130°), stirring constantly. Pour into bowl. Add egg. Beat *1/2 minute* at *low* speed, scraping bowl. Beat *3 more minutes* at *high* speed. STOP MIXER. Gradually stir in more flour to form a soft dough. Knead until smooth. Cover and let rest *5 minutes.*

Prepare Topping. Place dough in lightly greased 9x13-inch oblong *or* divide and place in two 9-inch round layer pans. Press dough evenly into pans. (*If coffee cake is to be refrigerated, add Topping at this time.) Let rise in warm place until doubled . . . *35 to 45 min.* Add the Topping. Press rows of little dents down into the dough with buttered fingertips. Bake *30 to 40 min.* in *preheated* 375° (quick mod.) oven. Remove from pans to racks.

*Cover pan with foil. Refrigerate *4 to 24 hours.* Prick bubbles on top of cake. Bake immediately in *preheated* oven, as above. The grain of the cake will be more open the longer the cake is refrigerated.

FRENCH or ITALIAN LOAVES

30 to 40 minutes — **(Makes 2 small loaves)** — 400° oven

1-1/4	**cups *warm* water (110°-115°)**	**1**	**tsp. sugar**
1	**pkg. RED STAR Instant Blend Dry Yeast**	**1-1/2**	**tsp. salt**
		3	**tbsp. shortening**
3-1/2	**to 3-3/4 cups all-purpose flour**		

Pour the warm water into a mixing bowl; add the yeast. Let stand 3 to 5 minutes; stir. Add 1/2 the flour, sugar, and salt. Beat until smooth. Add more flour with the shortening until the dough is fairly stiff and sides and bottom of bowl are cleaned. Turn onto lightly floured board. Knead until smooth. Place in greased bowl smooth-side-down; turn over. Cover. Let rise in warm place until doubled . . . *1 to 1-1/2 hours.*

Punch down dough. Let rise again until not quite doubled . . . *about 20 minutes.* Punch down dough again. Cover. Let rest *10 to 15 min. more.* To shape into 2 small *French-type loaves,* divide dough in two. Pat each half into a 6x8-inch rectangle. Starting at the wide side, roll up tightly, pinching edges of dough into the roll at each turn. Taper ends by placing palms of hands on the sides of each piece of dough, then roll back and forth. For *Italian-type loaves,* roll up as before, but square the ends – press down on each end of the dough with side of hands to seal. Place loaves a few inches apart on cornmeal-sprinkled baking sheet. Let rise in warm place until doubled . . . *about 1 hour.After 15 minutes,* make 2 or 3 slashes diagonally on tops of loaves. Meanwhile prepare the Glaze. Brush loaves generously. Bake *30 to 40 min.* in *preheated* 400° (mod. hot) oven. Remove from pan and place on racks. Brush again with the Glaze, if desired. Cool in draft for crackly crust.

CORNSTARCH GLAZE: Mix *1 tsp. cornstarch* with *1 tsp. cold water.* Add to *1/2 cup boiling water* and cook a few minutes until thick and smooth, stirring constantly. Cool slightly before using.

COCONUT CROWN COFFEE CAKE

(Makes one 10-inch round cake)

45 to 60 minutes — 375° oven

4-1/2	**to 5 cups all-purpose flour**	**1**	**tsp. salt**
2	**pkgs. RED STAR Instant Blend Dry Yeast**	**Grated rind of 1 lemon, if desired**	
		2	**eggs, room temperature**
3/4	**cup milk**		
1/2	**cup water**		
1/2	**cup shortening, part butter**	**Filling (see below)**	
1/2	**cup sugar**	**Syrup, coconut and nuts**	

Measure *1-3/4 cups of the flour* into large mixer bowl. Add yeast; blend. Measure milk, water, shortening, sugar, and salt into a pan. Blend. Heat until *warm* (120°-130°), stirring constantly. Pour into flour-yeast mixture. Add lemon rind and eggs. Beat *1/2 minute* at *low* speed, scraping bowl. Beat *3 more minutes* at *high* speed. STOP MIXER. Add more flour a little at a time to form a soft dough. Turn onto lightly floured board. Knead until smooth. Cover dough. Let rest *20 minutes*. Meanwhile, measure into a small pan: *1-1/2 cups brown sugar*, packed in cup; *6 tbsp. evaporated milk or cream, 6 tbsp. butter* and *2 tbsp. corn syrup*. Warm over low heat only until sugar is dissolved and butter melted, stirring constantly. Have *1 cup coconut* and *1/2 cup chopped nuts* at hand. Grease 10-inch angel food pan *or* two 5-1/4x9-1/4x2-3/4-inch loaf pans.

Cut dough into pieces the size of walnuts. Form into balls. Sprinkle 2 tbsp. of coconut in pan and 3 to 4 tbsp. Syrup, then a layer of balls, so they barely touch. Brush with more Syrup, sprinkle with coconut, then nuts. Add another layer of balls, add more Syrup, coconut and nuts. Pour any remaining Syrup over top. Cover and let rise in warm place until doubled . . . *40 to 60 min.* Dough will be one inch from top of pan. Bake *45 to 60 min.* on lower rack of *preheated* 375° (quick mod.) oven. Cover with brown paper after the first 20 minutes so top will not burn before cake is baked. Immediately loosen from pan with spatula. Invert on rack to cool. To serve, remove balls with 2 forks.

* * *

To quickly bring cold flour to room temperature, pour into a shallow pan and place in a 300° oven until slightly warm. Stir occasionally.

HOW TO USE THE INSTANT BLEND METHOD WITH YOUR FAVORITE RECIPES

1. Measure the water (plus any other liquids) into pan. Blend in shortening, sugar and salt. Warm at low heat to 120°-130°, stirring constantly.
2. Measure into a mixing bowl as many cups of flour as *total cups of liquid* used in Step 1. Add an additional 1/4 cup flour for *each* egg used in the recipe. Blend in RED STAR yeast.
3. Pour warmed liquid-mixture into flour-yeast mixture. Add eggs, if used in recipe. Beat *1/2 minute* at *low* speed, scraping bowl.
4. Beat *3 more minutes* at *high* speed. STOP MIXER. Stir in any fruits, nuts, etc., or dark flours in the recipe.
5. Gradually add more white flour to form a soft dough. Proceed according to recipe directions.

RED STAR Instant Blend Dry Yeast can be used in ALL yeast recipes – "tried and true", "tried and new".

BABKA
(Easter Bread)

About 50 minutes — 350° oven

5-1/4	**to 6 cups all-purpose flour**		
2	**pkgs. RED STAR Instant Blend Dry Yeast**	**1**	**tsp. salt**
		4	**eggs, room temperature**
1	**cup milk**	**1**	**tbsp. grated lemon peel**
1/4	**cup water**	**1**	**tbsp. grated orange peel**
1/2	**cup (1/4 lb.) butter**	**1**	**cup raisins *or* currants**
1/2	**cup sugar**	**1/2**	**cup chopped almonds**

Measure *2-1/4 cups of the flour* into large mixer bowl. Add yeast; blend. Measure milk, water, butter, sugar, and salt into a pan. Heat until *warm* (120 -130), stirring constantly. Pour into bowl. Add eggs. Beat *1/2 minute* at *low* speed, scraping bowl. Beat *3 more minutes* at *high* speed. STOP MIXER. Add peels, raisins, and nuts with more flour to form a soft dough. Turn onto lightly floured board. Knead until smooth. Place smooth-side-down in greased bowl; turn over. Cover. Let rise in warm place until doubled . . . *about 1-1/2 hours.* Punch down dough. Let rest *15 minutes.*

Grease one 10-inch tube pan, 4 inches deep, *or* two 5x9x3-inch loaf pans. Shape dough into a smooth ring; put into the tube pan. *Or,* shape into 2 loaves. Let rise until doubled . . . *about 45 min.* Bake Babka *about 50 minutes** in *preheated* 350 (mod.) oven. Prepare Glaze. Remove Babka from loaf pans, but let stand in tube pan 10 minutes before removing to the rack. Brush with Glaze while cake is still warm.

ORANGE GLAZE: Moisten *2 cups confectioners' sugar* with *3 to 4 tbsp. orange juice* until spreading consistency. Brush sides and top of cake until the Glaze is "set" and all is used.

*Place a piece of brown paper over the Babka after the first 10 minutes, so top of cake does not get too brown before it is baked.

HONEY WHEAT BREAD
(Makes 2 loaves)

35 to 45 minutes — 375° oven

3-1/4	**to 3-3/4 cups all-purpose flour**	**3**	**tbsp. shortening**
2	**pkgs. RED STAR Instant Blend Dry Yeast**	**1/4**	**cup honey**
		1	**tbsp. salt**
1	**cup milk**	**1**	**egg, room temperature**
1	**cup water**	**2**	**cups whole wheat flour**

Measure *2-1/4 cups of the flour* into large mixer bowl. Add yeast; blend. Measure milk, water, shortening, honey, and salt into a pan. Heat until *warm* (120 -130), stirring constantly. Pour into flour-yeast mixture. Add egg. Beat *1/2 minute* at *low* speed; scraping bowl. Beat *3 more minutes* at *high* speed. STOP MIXER. Gradually stir in more flour to form a soft dough. Knead 5 to 10 minutes until smooth. Place smooth-side-down in greased bowl; turn over. Cover. Let rise in warm place until doubled . . . *about 1 hour.*

Punch down dough. Turn onto lightly floured board. Divide in two and shape into loaves. Place in two greased 5x9 *or* 4-1/2x8-1/2-inch loaf pans. Cover. Let rise until doubled . . . *45 to 60 min.* Center of dough will be only slightly above pan edges. Bake *35 to 45 min.* in *preheated* 375° (quick mod.) oven. Remove from pans and cool on rack.

25 to 35 minutes

ARMENIAN CHEESE BREAD (BEUREK)

400° oven

(Makes four 3/4 lb. loaves)

5	**to 5-1/2 cups all-purpose flour**	**2**	**tbsp. shortening**
2	**pkgs. RED STAR Instant Blend Dry yeast**	**CHEESE FILLING**	
		1-1/2	**lbs. grated Cheddar cheese**
2	**tbsp. sugar**	**2**	**tbsp. butter**
2	**tsp. salt**	**1**	**tsp. coarse pepper**
2	**cups *warm* tap water (120°-130°)**		

Measure *2 cups of the flour* into large mixer bowl. Add yeast, sugar, and salt; blend. Pour water into the bowl; add shortening. Beat *1/2 minute* at *low* speed, scraping bowl. Beat *3 more minutes* at *high* speed. STOP MIXER. Gradually add more flour to form a soft dough. Turn onto lightly floured board. Knead until smooth. Place in greased bowl smooth-side-down; turn over. Cover. Let rise in warm place until doubled . . . *30 to 45 minutes*. Meanwhile blend Filling ingredients and grease two 12x15-inch baking sheets.

Punch down dough. Let rest *15 min.* Divide dough into 4 parts. To shape one loaf, pat dough into an oval . . . 12 inches long and 8 inches wide in the middle. Spread 1/4 of the Filling in a strip down the middle. Wet edges of dough with water, bring together at top; press firmly to seal. Leave as is, or turn sealed edge to bottom. Keep ends pointed. Place 2 loaves about 2 inches apart on each baking sheet. Let rise until doubled . . . *about 30 min.* Bake *25 to 35 min.* in *preheated* 400° (mod. hot) oven. Remove from pans and cool on racks.

* * *

To "punch down dough", with closed fist, quickly press down the middle of a bowl of raised dough. Pull the edges of the dough to the center and turn over. Let remain in the bowl for a rest, another rise, or place on the board for shaping.

* * *

The reason for punching a dough is to move the yeast cells to a new food supply so they can grow and multiply. Sometimes a punch is not mentioned in a recipe . . . in that case, when the dough is shaped the same effect is produced.

35 to 45 minutes

BUTTERMILK FRENCH BREAD

400° oven

(Makes 2 loaves)

5	**to 5-1/2 cups all-purpose flour**	**1/2**	**cup buttermilk**
2	**pkgs. RED STAR Instant Blend Dry Yeast**	**2**	**tbsp. shortening**
		2	**tbsp. sugar**
1-1/2	**cups water**	**2**	**tsp. salt**

Measure *2 cups of the flour* into large mixer bowl. Add yeast; blend. Measure water, buttermilk, shortening, sugar and salt into a pan. Heat until *warm* (120°-130°), stirring constantly. Pour into flour-yeast mixture. Beat *1/2 minute* at *low* speed, scraping bowl. Beat *3 more minutes* at *high* speed. STOP MIXER. Gradually stir in more flour to form a soft dough. Turn onto lightly floured board. Knead until smooth. Place smooth-side-down in greased bowl; turn over. Cover. Let rise until doubled . . . *45 to 60 minutes.*

Punch down dough. Let rest *15 min.* Divide dough in 2 parts. To shape one loaf; pat dough into a 6x12-in. rectangle. Starting at wide side, roll up tightly. Pinch edges of dough into roll, then turn to bottom. Taper ends by placing palms of hands on sides of each shaped piece of dough. Roll back and forth on the board. Place loaves a little apart on 12x15-inch cornmeal-sprinkled baking sheet. Let rise *15 min.*, then make 3 or 4 diagonal slashes, 1/4-inch deep on top of each loaf. Brush with warm water. Let rise *about 15 min. longer* or until doubled. Just before baking, brush loaves again with warm water. Bake *35 to 45 min.* in *preheated* 400° (mod. hot) oven. Remove from pans and cool on rack.

YEAST-RAISED DOUGHNUTS
(Makes 2 Dozen)

3	**to 3-1/4 cups all-purpose flour**	**1/4**	**cup shortening**
2	**pkgs. RED STAR Instant Blend Dry Yeast**	**1/4**	**cup sugar**
		1	**tsp. salt**
3/4	**cup milk**	**1**	**egg, room temperature**
1/4	**cup water**		**grated rind of 1 lemon, if desired**

Measure *1-1/4 cups of the flour* into large mixer bowl. Add yeast; blend. Measure milk, water, shortening, sugar, and salt into a pan. Heat until *warm* (120°-130°), stirring constantly. Pour into bowl. Add egg and rind. Beat *1/2 minute* at *low* speed, scraping bowl. Beat *3 more minutes* at *high* speed. STOP MIXER. Gradually stir in more flour to form a soft dough. Knead until smooth Place in greased bowl; turn over. Cover and let rise in warm place until doubled, *about 45 minutes.* Punch down dough. Let rest *15 minutes.*

Roll dough, to an oval 1/4-inch thick. Cut with floured cutter. Let doughnuts rise until very light . . *about 45 min.* on greased baking sheets. Leave uncovered so crust will form on the dough. Fry in deep (3 to 4-inches) hot fat (375°). Drain on paper toweling. Drop into Glaze, or shake with sugar in a sack. Place on racks to cool.

GLAZE: Blend *2 cups confectioners' sugar, 3 to 4 tbsp. water, 1-1/2 tsp. vanilla.*

NOTE: 1 pkg. of yeast may be used. Increase first rise to 1-1/2 hours, second rise to about 1 hour.

The reason for the flour range in a recipe is to help *you*. There is a difference in flours, and there is a difference in the *same* flour, depending on the time of year it is used. Flour dries out over the winter, so less is needed to produce the desired dough than at other times. Even a few tablespoons too much flour can produce a dough which will dry out quickly.

CINNAMON-CREAM TWISTS
(Makes 2 dozen)

12 to 15 minutes 375° oven

2	**pkgs. RED STAR Instant Blend Dry Yeast**	**2**	**tbsp. soft shortening**
		3	**cups all-purpose flour**
1/4	**cup *warm* water (110°-115°)**		
1	**cup warmed sour cream**	**CINNAMON-SUGAR FILLING**	
3	**tbsp. sugar**	**1/3**	**cup brown sugar**
1	**tsp. salt**	**1**	**tsp. cinnamon**
1	**egg, room temperature**	**2**	**tbsp. soft butter**

Add the yeast to the warm water. Let stand 3 to 5 minutes. Pour the warmed cream into a large bowl with the sugar and salt; blend. Stir yeast-mixture; add to the bowl with the egg, shortening, and half the flour. Beat until smooth. Stir in the rest of the flour, a little at a time. Turn onto lightly floured board. Knead about 20 strokes until smooth. Cover dough with bowl. Let rest *5 minutes.* Divide in half. Roll one part to a 6x12-inch rectangle. Spread with 1 tbsp. butter. Sprinkle half the dough the *long* way with half the Filling. Bring unsugared over sugared part. Press top *gently* to seal in Filling. (Makes a 3x12-inch rectangle.)

Cut dough into strips 1-inch wide. Take strips by the ends and twist into various shapes. Place about 1-inch apart on lightly greased baking sheets. Shape rest of dough. Cover. Let rise in warm place *30 to 40 min.* Bake rolls *12 to 15 min.* in *preheated* 375° (quick mod.) oven. Frost while still warm with **White Icing** *(1/2 cup confectioners' sugar, 1 to 2 tbsp. milk, water, orange, or lemon juice).*

SEVEN-UP REFRIGERATOR DOUGH*

5	to 5-1/2 cups all-purpose flour	1/4	cup butter
2	pkgs. RED STAR Instant Blend Dry Yeast	1/4	cup sugar
		1	tsp. salt
1	cup 7–Up	1	egg, room temperature
1/2	cup water	3	egg yolks, room temperature

Measure *2 cups of the flour* into large mixer bowl. Add yeast; blend. Measure 7-Up, water, butter, sugar, and salt into a pan. Heat until *warm* (120°-130°), stirring constantly. Pour into flour-yeast mixture. Add egg and yolks. Beat *1/2 minute* at *low* speed; scraping bowl. Beat *3 more minutes* at *high* speed. STOP MIXER. Add more flour a little at a time to form a soft dough. Turn onto lightly floured board. Knead until smooth. For refrigerated dough, place in large greased bowl smooth-side-down; turn over. Cover with waxed paper, then foil. Refrigerate *4 hours to no more than 3 days* for best results. Punch down dough every 30 minutes for the first few hours until it is chilled, then twice a day.

When ready to make coffee cake, rolls, or small loaves, remove the desired amount of dough. Cover bowl; return to the refrigerator. Shape dough. Place on greased baking sheets or in pans. Let rise in warm place until doubled . . . *30 to 60 min.* Bake in *preheated* oven.

*The dough may also be used without refrigeration. Let rise until doubled . . . *30 to 45 minutes.* Punch down. Let rest *15 minutes*, then use for coffee cakes or sweet rolls as follows. (The following Topping, Streusel and Filling can be used for three coffee cakes. These can be kept in the refrigerator indefinitely.)

APRICOT AND CREAM CHEESE COFFEE CAKE

(Makes one)

25 to 35 minutes — 375° oven

1/4	of Basic Dough
3/4	cup (1/2 a 12-oz. jar) apricot preserves
1/4	cup almonds

CREAM CHEESE TOPPING

(Makes 1-1/2 Cups)

one	8-oz. pkg. cream cheese
3	tbsp. orange *or* pineapple juice
1/2	cup sugar

Take 1/4 of the basic dough. Press evenly into a buttered 9-inch layer *or* square pan. Spread preserves on top of dough. Let rise in warm place until doubled . . . *30 to 60 minutes.* Just before baking, spread 1/2 cup Cream Cheese Topping over preserves. Add almonds. Bake *25 to 35 minutes* in *preheated* 375° (quick mod.) oven.

PINEAPPLE-COCONUT COFFEE CAKE

25 to 35 minutes — **(Makes one)** — 375° oven

1/4	of Basic Dough
1/2	cup Streusel
3/4	cup pineapple preserves
1/2	cup coconut

STREUSEL (Makes 2 cups): *1/2 cup white sugar, 2 tbsp. brown sugar, 1/2 tsp. cinnamon, 1/2 cup finely chopped nuts, 1/2 cup flour, 1/4 cup soft butter, 1 tsp. vanilla.*

Take 1/4 of the Basic Dough. Roll out to a 6x15-inch rectangle. Spread 1/2 cup of the Streusel over the dough. Roll up from 15-inch side. Pinch edges of dough into roll, and roll back and forth to seal. "Tie off" (page 17) into 15 pieces and place in buttered 8 *or* 9-inch layer pan. Spread top of dough with the preserves. Sprinkle with coconut. Let rise in warm place until doubled . . . *30 to 60 minutes.* Bake *25 to 35 minutes* in *preheated* 375° (quick mod.) oven. Place piece of brown paper or foil over top of cake so coconut does not over-brown. Remove from pan and cool on rack.

CRANBERRY-DATE COFFEE CAKE

25 to 35 minutes — (Makes one) — 375° oven

1/4 of Basic Dough (page 30)
1/2 cup Streusel (page 30)

CRANBERRY-DATE FILLING
(Makes 3 cups)

1 cup sugar
1 cup water
2 cups cranberries
1 cup dates, cut up
1/2 cup chopped nuts
1 tbsp. lemon juice

Take 1/4 of the Basic Dough. Press evenly into a buttered 8 *or* 9-inch square pan. Spread 1/2 cup of the Cranberry-Date Filling or thick jam over the dough. Add 1/2 cup Streusel. With tip of spoon, make dents all over top of cake. Let rise until doubled . . . *30 to 60 minutes.* Bake *25 to 35 minutes* in *preheated* 375° (quick mod.) oven. Remove from pan and cool on rack.

For Sweet Crescents: Roll 1/4 the dough into a 10-inch circle. Cut into 12 pie-shaped pieces. Place 1 tsp. jam or prepared filling on wide side. Stretch the dough as you roll toward the point. Place about 1 inch apart on greased baking sheets. Let rise as above. Bake *10 to 15 min.* in *preheated* 375° (quick mod.) oven. Remove from pan to rack and frost with **CONFECTIONERS' SUGAR ICING**: *1 cup confectioners' sugar, 2 tsp. soft butter, 2 to 4 tbsp. milk, water, or fruit juice.*

For Sweet Swirls: Roll 1/2 the dough into a 9x12-in. rectangle. Cut 1-inch strips from 12-inch side. Hold one end of the strip down on the baking sheet, then wind 'round and 'round, twisting the dough. Tuck end underneath. Let rise as above. Place jam or jelly in the center of each roll. Bake *10 to 15 min.* in *preheated* 375 (quick mod.) oven. Remove from pan to rack and frost with Confectioners' Sugar Icing (above) and sprinkle with finely chopped nuts.

When baking sweet or rich doughs it may be necessary to cover the breads with brown paper or foil after the breads start to brown, so tops do not get too dark before bread is completely baked.

FRENCH ROLLS

20 to 25 minutes — (Makes 12 rolls) — 425° oven

1 pkg. RED STAR Instant Blend Dry Yeast
1-1/4 cups *warm* water (110°-115°)
1 tsp. sugar
1-1/4 tsp. salt
1 tbsp. soft shortening
3 to 3-1/2 cups all-purpose flour
1 egg white, slightly beaten
sesame or poppy seeds
Cornmeal for baking sheet

Add yeast to the water in a bowl. Let stand 3 to 5 minutes; stir. Add 1/2 the flour with the sugar, salt, and shortening. Beat until smooth, about 100 strokes. Add more flour a little at a time to form a soft dough. Turn onto lightly floured board. Knead until smooth. Place in greased bowl smooth-side-down; turn over. Let rise in warm place until doubled . . . *about 45 minutes.*

Punch down dough. Let rest *15 min.* Divide dough into 12 parts. Form each into buns*. Place 2 inches apart on cornmeal-sprinkled baking sheet. With scissors, snip buns in half, then in quarters, cutting through almost to the bottom of the buns. Brush with slightly beaten egg white, then sprinkle with seeds. Let rise uncovered in warm place until doubled . . . *about 45 min.* Bake *10 min.*, brush again with egg white, then let bake *10 to 15 min. longer* in *preheated* 425° (hot) oven. Remove from pan to rack.

*To shape buns, pinch dough together into round form, then roll back and forth gently on the cloth or between the hands to seal.

HOMEMADE WHITE BREAD

(Makes 2 loaves)

35 to 45 minutes — 400° oven

1	**cup milk**	**2**	**pkgs. RED STAR Instant Blend Dry yeast**
3	**tbsp. sugar**		
1	**tbsp. salt**	**1-1/4**	**cups *warm* water (110°-115°)**
2	**tbsp. shortening**	**6-1/2**	**to 7 cups all-purpose flour**

Scald milk. Pour into a large bowl with the sugar, salt, and shortening. Cool to lukewarm. Add yeast to warm water. Let stand 3 to 5 minutes; stir. Add to the milk-mixture. Blend in about 1/2 the flour. Beat until smooth with mixer or spoon. STOP MIXER. Add more flour a little at a time until the dough cleans the bowl. Turn onto lightly floured board. Knead until smooth. Place in greased bowl smooth-side-down; turn over. Cover. Let rise in warm place until doubled . . . *45 to 60 minutes.*

Punch down dough. Let rest *10 minutes.* Turn onto board. Divide in two; shape into loaves. Place in greased 5x9 *or* 4 1/2x8 1/2-inch loaf pans. Cover. Let rise until doubled . . . *45 to 60 min.* Bake *35 to 45 min.* in *preheated* 400° (mod. hot) oven. Remove from pans and cool on rack.

For **4 loaves:** Double the recipe for 2 loaves, but use only *2 pkgs.* yeast.

For **6 loaves:** Use 3 times the above recipe, but use only *3 pkgs.* yeast.

For **8 loaves:** use 4 times the above recipe, but use only *4 pkgs.* yeast.

Note: In making 6 and 8 loaves, the rising times will be about 1-1/2 times as long as those for 2 loaves.

* * *

ALWAYS CHECK THE DATING on the DRY YEAST packages. The directions state "USE BEFORE" the date given. This information is for your convenience. Store packages in a cool, dry place.

TWIN LOAVES

(Makes 2 loaves)

35 to 45 minutes — 400° oven

***1**	**pkg. RED STAR Instant Blend Dry Yeast**	**3**	**tbsp. sugar**
		1	**tbsp. salt**
2-1/4	**cups *warm* water (110°-115°)**	**2**	**tbsp. soft shortening**
6 to	**7 cups all purpose flour**		

Add yeast to the water in a large bowl. Let stand 3 to 5 minutes; stir. Blend in about 1/2 the flour with the sugar, salt, and shortening. Beat until smooth, about 100 strokes. Add more flour a little at a time until the dough cleans sides of bowl. Turn onto lightly floured board. Knead until smooth. Place in greased bowl smooth-side-down; turn over. Cover. Let rise in warm place until doubled . . . *about 1 hour.* Meanwhile, grease two 5x9 *or* 4 1/2x8 1/2-inch loaf pans.

Punch down dough. Let rest *15 min.* Turn onto board. Divide dough into 4 equal parts. Round each into a ball. Put two into each pan. Cover. Let rise until doubled . . . *about 1 hour.* Bake *35 to 45 min.* in *preheated* 400° (mod. hot) oven. Remove from pans and cool on racks. Brush with butter for soft crusts.

*To shorten rising times use 2 pkgs. yeast. Use finger tests to check dough (page 24).

OLD MILWAUKEE RYE BREAD

(Makes 2 round loaves)

45 to 55 minutes — 375° oven

Prepare a Sour 2 or 3 days before use: Dissolve 1 pkg. RED STAR Instant Blend Dry Yeast in 1-1/2 cups warm water (110°-115°) in 3 qt. bowl. Blend in 2 cups rye flour and 1 tbsp. caraway. Cover bowl. Do not refrigerate.

1	**pkg. RED STAR Instand Blend Dry Yeast**	**1**	**tbsp. caraway**
		1	**tbsp. salt**
1	**cup warm water (110°-115°)**	**1**	**cup rye flour**
the Sour		**4**	**to 5 cups all-purpose flour**
1/4	**cup molasses**	**3**	**tbsp. soft shortening**

Add yeast to the water in a large bowl. Let stand 3 to 5 minutes; stir. Blend in the Sour, molasses, caraway, salt, rye flour, 2 cups white flour, and the shortening. Beat until smooth . . . about 100 strokes. Add more flour a little at a time. Dough should clean sides of bowl, but will be sticky due to the rye flour. Turn onto lightly floured board. Knead until smooth. Place smooth-side-down in greased bowl. Turn over. Cover. Let rise in warm place until doubled . . . *45 to 60 minutes.*

Punch down dough. Let rest *10 min.* Divide dough into 2 parts. Round each into a smooth ball. Place on opposite corners of a cornmeal-sprinkled baking sheet. Cover with a tent of foil. Let rise *15 min.* Make 2 or 3 slashes, one-fourth inch deep on tops of loaves. Brush with warm water. Let rise until doubled . . . *15 to 25 min. longer.* Bake loaves *45 to 55 min.* in *preheated* 375° (quick mod.) oven. Cover with a piece of brown wrapping paper after 30 min. so tops do not get too dark. Cool on rack. Brush with water for chewy crust.

* * *

When dissolving dry yeast directly in water, let it remain in water 3 to 5 minutes before stirring and continuing the mixing.

CARAWAY RYE BREAD

(Makes 2 loaves)

40 to 50 minutes — 400° oven

2	**pkgs. RED STAR Instant Blend Dry Yeast**	**1**	**tbsp. salt**
		2	**tbsp. caraway**
2-1/4	**cups *warm* water (110°-115°)**	**3-1/2**	**to 4 cups all-purpose flour**
2	**cups medium rye flour**	**2**	**tbsp. soft shortening**
3	**tbsp. sugar**		

Add yeast to the water in a large bowl. Let stand 3 to 5 minutes; stir. Add the rye flour, sugar, salt, caraway, about 1 cup of the white flour, and the shortening. Beat until smooth, about 100 strokes. Add more flour a little at a time until the dough cleans the sides of bowl. Turn onto lightly floured board. Knead until smooth. Place in greased bowl smooth-side-down; turn over. Cover. Let rise in warm place until doubled . . . *45 to 60 minutes.*

Punch down dough. Let rest *15 min.* Turn onto board. Divide in two; shape into loaves. Place in greased 5x9 *or* 4-1/2x8-1/2-inch loaf pans. Cover. Let rise in warm place until doubled, *about 45 min.* Dough will be only slightly rounded above pan edges. Bake *40 to 50 min.* in *preheated* 400° (mod. hot) oven. Remove from pans and cool on racks. Brush with butter.

Note: The dough may also be made into RYE ROLLS. After first rise, round the dough into 24 balls; flatten slightly. Place on greased baking sheets. Slash tops after 15 min. Brush with egg white, sprinkle with caraway, then coarse salt. Let rise again until doubled. Bake *18 to 25 min.* as above.

ALMOND-STREUSEL COFFEE CAKE

(Makes one)

25 to 35 minutes — 375° oven

1	**pkg. RED STAR Instant Blend Dry Yeast**
1/2	**cup *warm* water (110°-115°)**
1-1/2	**to 2-1/4 cups all-purpose flour**
3	**tbsp. sugar**
1/4	**tsp. salt**
2	**tbsp. soft butter**
1	**egg, room temperature**

STREUSEL TOPPING

1/2	**cup sugar**
1/2	**cup flour**
grated rind of 1 lemon	
1/2	**tsp. vanilla**
1/3	**cup melted butter**
1/3	**cup finely chopped almonds**

Add yeast to the water in a large bowl. Let stand 3 to 5 minutes; stir. Add 1/2 the flour with the sugar, salt, butter, and egg. Beat until smooth, about 100 strokes. Add more flour a little at a time to form a soft dough. Turn onto lightly floured board. Knead until smooth. Place in greased bowl smooth-side-down; turn over. Let rise in warm place until doubled . . . *about 1 hour.* Meanwhile prepare the Topping: measure ingredients into a bowl and blend. Butter a 9x13x2-inch *or* a 9-inch square pan.

Punch down dough. Press into pan. Spread streusel evenly over top of dough. Make dents with fingertips or tip of spoon, pressing to the bottom of the pan. Cover. Let rise in warm place until doubled . . . *about 45 min.* Bake *25 to 35 min.* in *preheated* 375° (quick mod.) oven. Remove from pan and cool on rack. (For 2 cakes double all ingredients.)

* * *

Grate or shred lemon and orange rind—wrap in waxed paper, then aluminum foil and freeze. Add to yeast doughs directly from the freezer.

STOLLEN (German Christmas Bread)

(Makes 1 large *or* 2 small)

30 to 40 minutes — 350° oven

1/2	**cup milk, scalded**
1/3	**cup sugar**
1	**tsp. salt**
1/3	**cup soft butter *or* other shortening**
2	**pkgs. RED STAR Instant Blend Dry Yeast**
1/2	**cup warm water (110°-115°)**
2	**eggs, room temperature**
4	**to 4-1/2 cups all-purpose flour**
1/2	**cup cut-up candied cherries**
1/4	**cup finely cut citron *or* candied fruit peel**
1/4	**cup raisins**
1/4	**cup cut-up nuts**

Scald milk. Remove pan from heat and add sugar, salt and shortening. Blend. Cool to lukewarm. Pour yeast over water in large bowl. Let stand 3 to 5 minutes; stir. Add eggs, cooled milk-mixture, and 1/2 the flour. Beat until smooth, about 100 strokes. Add fruits and nuts; blend. Add more flour a little at a time to form a soft dough. Turn onto lightly floured board. Knead until smooth. Place in greased bowl smooth-side-down; turn over. Cover. Let rise in warm place until doubled . . . *about 1 hour.*

Punch down dough. Shape into one large or two smaller Stollen. Place on greased baking sheets. Let rise as above until doubled . . . *about 30 min.* Bake *30 to 40 min.* in *preheated* 350° (mod.) oven. Cool. Frost with Confectioners' Sugar Icing (page 31) and decorate with cherries and nuts, if desired.

TO SHAPE STOLLEN: Pat dough to an oval shape, pressing out bubbles. Spread with soft butter. Fold in two the long way, and curve into a crescent. Press folded edge firmly so Stollen will not pop open.

GOOD THINGS TO KNOW about YEAST BAKING

Preheat the oven for all the yeast recipes in this book.

Dry yeast need not foam when added to water to prove its activity. Foaming depends upon the humidity, room conditions, the way the yeast is sprinkled on the water, the size of the utensil used for dissolving, etc.

Keep whole wheat doughs on the soft side when mixing, since the bran absorbs liquids more slowly than wheat and by the time the loaves are ready to shape it could be stiff. Stiff doughs produce heavy, compact loaves which dry out quickly.

Ovenspring is the final expansion of dough in the oven. This happens the first 10 to 15 minutes of the baking period.

Active compressed yeast will "break clean" when crumbled into the water. If the yeast is old, it will be mushy. (This does not apply to *frozen* compressed yeast – which will be soft when defrosted.)

MODERN SPONGE WHITE BREAD

(Makes 2 loaves)

35 to 40 minutes — 400° oven

1-1/2	**cups milk, scalded**	**6-1/2**	**to 7 cups all-purpose flour**
1	**pkg. RED STAR Instant Blend Dry Yeast**	**3**	**tbsp. sugar**
		1	**tbsp. salt**
1	**cup *warm* water (110°-115°)**	**2**	**tbsp. soft shortening**

Scald milk; let cool to lukewarm. Add yeast to water in large bowl. Let stand 3 to 5 minutes; stir. Pour milk into the bowl; add 1/2 the flour. Beat until smooth, about 100 strokes. Cover bowl with waxed paper, then foil. Let stand at room temperature for *6 to 24 hours.* The batter will bubble, rise, and fall.

When ready to finish mixing, add sugar, salt, and shortening. Add flour a little at a time to form a soft dough. Turn onto lightly floured board; knead until smooth. Place dough smooth-side-down in greased bowl; turn over. Cover. Let rise in warm place until doubled . . . *45 to 60 min.* Meanwhile, grease two 5x9 *or* 4-1/2x8-1/2-inch loaf pans. Punch down dough. Divide in two and shape into loaves. Cover. Let rise until doubled . . . *about 1 hour.* Bake *35 to 45 min.* in *preheated 400°* (mod. hot) oven. Remove from pans and cool on racks. Brush tops of loaves with butter for soft crusts.

MODERN SPONGE WHOLE WHEAT BREAD: Use the following: *1 cup* milk, *1-1/4 cups* warm water, *3 cups* whole wheat flour, *1/4 cup* honey or molasses, *1 tbsp.* salt, *3 tbsp.* soft shortening and *2-1/4 to 2-3/4 cups* all-purpose flour. Add only the whole wheat flour to the milk, yeast and water mixture.

MODERN SPONGE RYE BREAD: Use the following: *2 cups* warm water, *2 pkgs.* yeast, *2-1/2 cups* rye flour, *1 to 3 tbsp.* caraway, *1 tbsp.* salt, *2 tbsp.* shortening, *1/3 cup* molasses, and *3 to 3-1/2 cups* all-purpose flour. Add only 1 tbsp. caraway and the rye flour to the yeast-mixture for the sponge.

Red Star Yeast

is available in two forms—
INSTANT BLEND ACTIVE
DRY YEAST
and
COMPRESSED CAKES

INSTANT BLEND ACTIVE DRY YEAST

Foil packages

4 oz. vacuum-packed jar.

Directions

1 — Needs no refrigeration.
2 — Dissolve in WARM water (110°-115°), when used in regular method.
3 — Blend with part of flour and use 120°-130° liquid for mixer method.

COMPRESSED YEAST

5/8 oz. foil-wrapped cakes.

Directions

1 — Must be refrigerated.
2 — Dissolve in LUKEWARM liquid (80°-90°).

COMPARISON OF YEASTS

One package Instant Blend Active Dry Yeast equals one 5/8 oz. cake Compressed Yeast.

One 4 oz. jar of Instand Blend Active Dry Yeast contains the same amount of yeast as 16 packages of the dry or 16 cakes of compressed.

Unopened, yeast in the jar is active up to one year. Opened, 2 to 3 months at room temp., twice as long if refrigerated.

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